



Press Release

The Biggest Loser Specials Monday, 1 January and Tuesday, 2 January at 8pm

The festive season is often a time of over-indulgence. You know you didn't need that second (or third) helping of dessert, but you had it anyway and it'll soon be showing on your hips, stomach, and who knows where else.

Following the great success of the first season of *The Biggest Loser*, and with all those in mind who need a few extra nudges in the right direction to health and happiness, e.tv brings you two *Biggest Loser* specials.

Nobody wants to look fat or frumpy on their wedding day and the only way to get rid of the unwanted flab is eating well and exercising.

Participants in ***The Biggest Loser: Engaged Couples*** know this is the case and will be put to the test at 8pm on Monday, 1 January.

Two couples – Steve & Sarah and Edwin & Rasha – will have a chance to lose weight at the ranch with the help of trusty trainers Bob and Jillian before their wedding days. In addition, they'll have a chance to find \$10 000 worth of wedding bands by eating wedding cake, as well as looking through limos to find some hidden money.

Then the couples must plan their wedding days in addition to the lifestyle change they each learned at the ranch. Many surprises await each couple, including a visit from a season one contestant.

The couple with the highest percentage of weight-loss will finally be

revealed and be declared the *Biggest Losers* and the winners of the \$50 000 dream wedding grand prize.

Sometimes the whole family needs help shedding the kilos and in ***The Biggest Loser: Tofanellis vs Stephens***, on Tuesday, 2 January at 8pm, two families go head to head with the goal of losing weight and winning money and a new lease on life. With both teams suffering from medical problems caused by their obesity, they are hopeful that Bob and Jillian will make a difference in their health.

They will go to the ranch and will then be sent home afterwards to apply what they've learned into their daily lives.

Be sure not to miss the ***Biggest Loser Specials Monday and Tuesday at 8pm***. Only on e.

Ends.

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