



PRESS RELEASE

NEW SHOW: The Biggest Loser UK (SEASON 1)

TX: Sunday 15 November 2009 at 4PM

Fat they are, but fierce they will be in the Biggest Loser UK starting on e.tv on Sunday 15 November 2009.

The flamboyant meets the unpretentious in 12 episodes as their divergent worlds become one when they take on the mammoth challenge to lose the fat they've been hopelessly carrying around.

For some of the 12 contestants, the successful conversion is life-changing while shedding the extra kilos will spike the confidence levels of others. One thing is certain for all: a radical makeover in the pipeline for those brave enough to follow through. This, however, is easier said than done, as the contestants will have to swap their favourite comfort foods with a comprehensive diet, and adopt a rigorous exercise plan with the help of skilled trainers.

The show in a nutshell: The contestants are divided into two teams, red and blue. Each team has a fitness trainer who, with the help of health experts, help them to transform from fat and unhealthy to lean and in good physical shape. Both the teams undergo reward challenges and weekly weigh-ins. The team who has collectively lost the least amount of weight has to eliminate a team member. The last one standing at the end of the series is crowned the Biggest Loser – and the winner of £25000 (about R320 000), and a new healthier body.

MEET THE HOSTS AND TRAINERS

Vicki Butler-Henderson

Vivacious Vicki is no stranger to competing and presenting. Born into a car-racing loving family, it came as no surprise when she followed suit. At 12, she entered her first racing competition, and became a racing instructor at 17. Later, the ambitious blonde completed a journalism course and then wrote for various British motoring publications. She also co-launched Max Power magazine. Her presenting career started on the popular English magazine show, Top Gear.

Angie Dowds

The lean and mean instructor, Angie, is responsible for the red team. She'll be using the kettlebell training (a cannonball-looking cast iron with a handle) as part of her exercise plan. Made famous by Russian athletes, the kettlebell is known as one of the most effective and efficient pieces of strength training equipment.

Mark Bailey

Mark is a psychological coach qualified in Contemporary Psychotherapy, Clinical Hypnosis and NLP (Neuro-Linguistic Programming). He'll use a supporting caring approach when coaching the blue team – very different from Angie's painstaking methods.

MEET THE CONTESTANTS

RED TEAM

Tamara Joseph (29)

134.7KG

Sugar and spice and all the things nice, that's what Tamara is made of. Always sporting a tiara, the fashion assistant is a girl of note. "The fat has to come off," she says. Will the princess be able to live happily - and skinny ever after?

Paul Tabram (31)

Weight: 119.2KG

A travel agent by day, Paul loves to communicate and connect with people. But he lacks confidence, especially when socialising with his girlfriend. Over and above his insecurities, Paul is pretty poised when it comes to voicing his opinions.

Barney Gibson (19)

Weight: 133.8KG

Honey-sweet and soft-spoken Barney is the youngest person with weight-loss aspirations. His most embarrassing moment was when a young girl commented on his man boobs. With a bit of luck, this music student will be able to charm the other contestants to dance to his tunes.

Tracey Barcoe (27)

Weight: 127.9KG

This marketing assistant believes once the kilos come off, she'll be able to live a normal life and have a normal love life like everyone else.

Nadine Lautman (33)

Weight: 105.2KG

Her steely attitude and determination to put the spice back in her marriage might give Nadine the upper hand in this competition. While the English house executive huffs and puffs the fat away at the Biggest Loser mansion, her husband and four children root her on back home.

Mark Whittaker (38)

Weight: 154.2KG

This wedding photographer's main reason for entering this competition is that he wants to be around when his son gets married.

BLUE TEAM

Dr Shane Lee (40)

Weight: 141.0KG

The oldest block on the Biggest Loser block is Shane, a university lecturer. With only ten years to go before he hits middle age, he is worried that he might die before his time. With so many things he still needs to enjoy and do, including riding his Harley-Davidson and doing stand-up comedy, this eccentric, long-haired blonde academic should start taking some extra notes.

Katie Wareing (30)

Weight: 96.61KG

Katie's relationship with junk food is as good as the relations she has with the people she interacts with. This recruitment consultant wants nothing more than to shed off the kilos to have more confidence.

Martin Langmaid (26)

Weight: 118.3KG

Don't be fooled by Martin's sensitivity and job as an IT Engineer, because a computer geek he is not. Martin has been in denial for a while, and is now sick of sucking in his stomach. He is determined to get rid of his big belly and bottom.

Aaron Howlett (29)

Weight: 158.3KG

Aaron is the heaviest contestant in the competition, but also the funniest. Don't let his comedic trait bamboozle you though. This bookmaker manager is willing to adjust the odds to be in his favour. Do you want to bet?

Nat Curtis (31)**Weight: 100.2KG**

This IT manager is swapping computers for exercise machines considering her failing fat-busting attempts even after she had set goals for herself. Nat is known for her emotional outbursts and quirky facial expressions on the show. Hopefully, this won't overshadow her determination.

Samantha (Sam) Atkins (33)**Weight: 148.7KG**

Cute-as-a-button Sam is the heaviest female in the competition. She will creep into the viewers' hearts, especially since her main reason for entering the competition is for a chance at conceiving. Samantha and her husband have been trying to have a baby for years. Will this weight-loss competition be beneficial to mind, body and spirit for this Holistic therapist?

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