



Speaking in Reading, 'Biggest Loser' doctor stresses active lifestyle

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By Karen Shuey

Those looking for advice on how to shed pounds from a celebrity physician on Saturday received a simple message: exercise.

Dr. Robert Huizenga, a medical adviser for the reality TV show "The Biggest Loser" and an associate professor at UCLA, was adamant that there are no tricks or shortcuts to being healthy.

"Intense exercise is the only way we are going to be able to fight obesity," he told a crowd of about 80 people gathered at the DoubleTree by Hilton hotel sponsored by the Reading Health System. "We have to focus on ending our sedentary habits.

Huizenga said that reversing the effects of obesity strictly through exercise takes commitment and a willingness to make drastic lifestyle changes. Incremental changes are nice but they're not going to lead to big transformations.

He also stressed the importance of making those drastic lifestyle changes permanent.

Huizenga responded directly to a new study highlighted by the New York Times earlier this month finding that only one of 14 "Biggest Loser" contestants included in the research weighs less today than when the competition ended. And it revealed that four of them are actually heavier now than before they went on the show.

The study found that the main reason for the weight gain appears to be their metabolisms, which slowed down dramatically as they slimmed down.