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‘Biggest Loser’ doctor says that diet and exercise is the best way to lose weight

By Nicholas Reilly for Metro.co.uk

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Exercise is the best way to shift the pounds, apparently (Picture: Dominic Lipinski/PA)

Following a strict diet and exercising for up to four hours a day can be just as effective as weight loss surgery in the battle against the bulge, according to a leading doctor.

Dr Robert Huizenga has claimed that his intense ‘Biggest Loser’ weight loss plan should replace weight loss surgery as a way of tackling obesity.

He has claimed that weight-loss surgery is not only expensive, but also carries a high risk of mortality, muscle loss, and mental health problems.

In comparison, his ‘Biggest Loser’ weight loss plan, which featured on the eponymous TV show, is not only cheaper than surgery, but helps people to lose the same amount of weight.

The Biggest Loser saw participants living together on a ranch near Los Angeles, with their intense weight-loss efforts being frequently shown on telly.



Dr Robert Huizenga frequently appears on the Biggest Loser (Picture: YouTube)

Participants on the show carried out vigorous training every day, and combined it with a calorie-restricted diet in a bid to lose the pounds.

And a study which compared participants in the programme to those who underwent weight loss surgery found that both groups achieved extremely similar levels of weight loss.

Speaking to MailOnline, Dr Huizenga said: 'Bariatric surgery results in massive loss, but it has disadvantages.

'For every 1,000 people who have the operation there are deaths.

'You will be losing fat-free mass, you will be losing water weight and you will lose more muscle mass.

'It's associated with thinning of the bones, there are higher levels of psychological problems like suicide.

'And most people don't know bariatric surgery is not categorically successful'

He added: 'A fifth of patients who come to us after the surgery come in having not lost any weight and having gained weight afterwards.

'Because they have no muscle, they regain all that weight as fat'.



Detractors of the 'Biggest Loser' plan have previously claimed that most people don't have the time to exercise for four hours a day, but Dr. Huizenga has dismissed this as an excuse.

'People watch TV four or six hours a day, so they do have time to exercise', he added.

The study also found that those who undertook the Biggest Loser programme also lost a greater percentage of body fat.

After 12 months, the group who opted for weight loss surgery lost 70 percent fat, in comparison to the 84 percent lost by the Biggest Loser group.

<http://metro.co.uk/2015/03/29/biggest-loser-doctor-says-that-diet-and-exercise-is-the-best-way-to-lose-weight-5125747/>