

NEWSWIRE

Top Doctor on NBC's Biggest Loser Says Diet and Exercise Key to Long-Term Weight Loss

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It's no secret that exercise and a proper diet are essential to long term weight loss, what remains a mystery is why weight loss surgery is still so popular.



(Newswire.net -- July 13, 2015) --According to the doctor on America's most popular reality weight loss show, [The Biggest Loser](#), the most effective way of tackling obesity is to follow a strict diet and weight loss program. So if this is the case, why is weight loss surgery so popular these days?

The Biggest Loser

Dr. Robert Huizenga designed the weight loss plan used by contestants on the Biggest Loser show aired by NBC. In the show, obese contestants compete against each other to see who can lose the greatest amount of weight, with the biggest loser winning a big cash prize. Of course it isn't an easy task for any of them and the audience is frequently a witness to tears and angst. Each contestant on the show has to undertake intense fitness training combined with a very strict calorie controlled diet. It is very difficult, but for many of the people who appear on the show, this is a last ditch attempt to lose the pounds when all else has failed.

A recent study compared the contestants on the Biggest Loser show with those who underwent [weight loss surgery](#). The results were very interesting in that both groups achieved the same level of weight loss, but the Biggest Loser contestants lost 84% body fat compared to 70% in the weight loss surgery group. However, as Dr. Huizenga points out, weight loss surgery may be seen as the "easy" method, but it is not without its risks.

A Risky Procedure

Bariatric surgery, along with any other major surgical procedure, can lead to the death of the patient on the operating table. Patients who undergo weight loss surgery will not just be losing fat- they will also lose muscle mass and other fat-free mass, which can cause physical and psychological health problems.

Weight loss surgery is not automatically successful. Dr. Huizenga sees many patients in his weight loss clinic who have actually gained weight following bariatric surgery. Because they have lost muscle post-surgery, any weight they do put on goes on as fat. Dr. Huizenga wants to remind people that the best way to lose weight is to exercise and eat a healthy diet.

Taking Regular Exercise

Dr. Huizenga is highly dismissive of people who claim not to have enough time to exercise. He points out the fact that most people watch around four or five hours' worth of TV per day, so they clearly have ample time to exercise if they wish.

There are many ways to build exercise into your daily routine. Cycling to and from work is an easy way to exercise without missing out on a chunk of your day - [new and used bikes from UK Cycle Centre](#) are readily available if you don't yet own a bike. Alternatively, jump off the bus or train a stop early and walk the remainder of your journey.

Weight loss plans can be really tough to stick to, but if you want to enjoy better health, do you really have any choice?

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