

## Jen Widerstrom's *The Biggest Loser* Blog: You Have to Find Your Community

By Jennifer Widerstrom | January 12, 2016



*Jen Widerstrom is a trainer on NBC's The Biggest Loser. In her first season on the show, Jen successfully coached Toma Dobrosavljevic to the winner's podium. As she works to maintain her perfect winning average in season 17, her second season on the show, Jen will blog each week about the latest episode. Follow her on Twitter: @JenWiderstrom.. The Biggest Loser is on NBC at 9 p.m. ET.*

How much time do you think you have? To enjoy your family and friends, to make memories, to live?

This week they revealed Rob's "Death Date" should he stay the course with his current lifestyle and choices. Through **Dr. H's** testing, we see that this special and spirited man would be GONE in just 5 years... Or maybe not. What was just as powerful to me as his "Death Date" was Rob's opportunity to do something about it. This wouldn't be because of some quick fix pill or magic séance but by simply becoming responsible for his health.

Ironically, the answer for extending Rob's life comes down to the fundamentals of good health – movement, being present in each meal, and community.

Honestly that whole day hit me as hard as it hit him and his daughter, Sarah. I needed to look at myself and ask, 'What choices am I making now that will alter my quality of life in my 5th, 6th and 7th decades? Am I considering the big picture and what I will surely lose out on if I do not make positive decisions in my daily life?'

I need you to ALL consider this question for yourselves because you have the power



to build the long, healthy life that you want.

For Rob, feeling worthy of his community is a huge component in allowing the power of support of his love ones to play a role in his success.

The same goes for Lauren and not only allowing in support for herself, but in being healthy and strong enough to create a community of support for her son. I love how seriously Lauren takes her responsibilities as a mother. Perhaps her drive to become the best role model she can be for her son will be the motivation she needs to turn her life around and take her to the podium on *The Biggest Loser*.

One more note on community. I cannot complete this blog without addressing all the issues that arose on Team Dolvett. When it comes to your inner circle, do not settle for anything less than what brings out the best qualities in you. Not having an open dialog or just straight up having the wrong people in your front row will inspire disruption and lack of trust which will only pull you off track.

Alternatively, you will soar with a team that truly sees and understands you. THIS is how powerful support can be. Just as Dolvett's team was courageous, have the courage to speak up and communicate to those in your corner so they understand you and your needs on your journey. The Red team found success this week because they finally found their voice.

<http://www.people.com/article/jennifer-widerstrom-the-biggest-loser-community>