



Pay it Forward  
One pound  
at a time.

Former Biggest Loser  
Winners Helping  
America Get Healthy



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**Tools for Reducing  
Emotional Eating**

...

**Saddle up for BIG  
Weight Loss Success**

...

**End Your Sugar Cravings**

...

**The Journey of  
Bariatric Surgery**

...

**You've Hit Your Goal,  
Now STAY**

