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## **Fit 4 Ever: Be a Family of Losers!**

Back in September, I had an opportunity to attend a sneak preview for the reality show “The Biggest Loser: Families.” What makes this season unique for the popular program is that it is a test between teams of married couples and teams of parents and children.

As the contestants were selected and introduced, you could see their obvious jubilation. They made statements like, “Nothing is going to stop me,” “I want this more than anything,” and “I will do whatever it takes!” I couldn’t help but wonder how long that excitement and determination would last once the training and sacrifice part began.



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