

## Pumpin' with THE BIGGEST LOSERS

Written by Dave Howard

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The [star sightings](#) are one of the double edged swords of working out at my gym . The celebs have these perfectly coiffed bods which are really intimidating. I've recently seen Mike Tyson (who digs pilates), Paris Hilton (who works surprisingly hard) and Mike McDonald from MadTV; who is in much better shape than his comic persona would lead one to believe. For crying out loud, Jeff Goldblum is in better shape than me. He's there a lot. I recently ran into some TMZ cameramen in the elevator at the gym. I asked them who was the *celebe de persona du jour de jeem* and they responded "Just Jeff Goldblum again."

On a tip from my spinpal Jen, I stopped by the Sunday AM spin class to see if [Hayden Panettiere](#) was there. Perhaps some of her indestructible "Heroes" powers would wear off on me. Spin with the cheerleader, Spin with the World.

But, alas, cruel fate smiled upon me as it likes to do. A block of the best bikes were cordoned off for something called "The Blue Team."

I signed up for the bikes that were just nearby. Because of the amount that one burns (current test: 150) in a spin class, I have to chaw down a Big 100 (oreo flavor, 51g of carbs, 26 g of sugar) powerbar. Spinning takes a lot out of me.. With oreo goodness filling the gap in my two front teeth I ask the gal next to me "Who in the Hell is Blue Team?"

"Ya know from the Biggest Loser"

Great. Spinpal Jen gets the hottie from "Heroes," I get Blue Team from "The Biggest Losers"

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Five of them walk in.. sure big, but not HUGE. That show caters to huge people. Not one over 300 lbs. One guy looked like he wasn't even 150 wet.

"Don't look that big to me.."

"Should have seen them two months ago"

The class is led by one of my favorite instructors at Crunch, Andrew. I've taken him before (not on Sundays) and his class is more fat burning than strength training. He also chooses good music. Since I am in the hetro-minority at Crunch the music is usually not for me but, hey, I am enjoy a good "Mmm-Bop" or techno-tete, usually reserved for West Hollywood- a go-go's, from time to time. Note to Crunch Spin Instructors—every now and then wouldn't mind being "In the Jungle—BABY!"

Andrew is a great motivator; somewhere between Drill Instructor and Dahli Lama. While he uses a barking tough love, he also makes sure the message is positive.

He gives a bit more attention to the "Losers" then us "members" calling them each by name At first I thought this was a bit ye ole "Starfuckery"

But there were no cameras here. My gym isn't even the one with the tie-in with the show. It's 24 hour fitness. When changing gyms earlier this year the decision came down to 24 Hour Fitness and my gym. It won because it had free parking and fewer members. That buck and a half for parking adds up. In fact, it adds up to the high price of Crunch. It was just plain ole enthusiasm.

And Crunch is better, cleaner, less zoo like. A resounding positive message everywhere you look. I have no idea why they weren't at the sponsored gym, but they made a much better choice.

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These “Losers” are working it. One of them insists on wearing a hoodie in a class where you can already burn 1000 calories in 45 minutes. And they are loving it. They are waving their hands and yelling and having a good time with it.

For the first time ever the celeb clients would kill to have to my bod. My 195 pound diabetic ass is still a long way from perfect. They're willing to do more than wish. They're willing to bust some serious ass for it.

Andrew yells out “If you make a decision to change your life, then you've already won the damn show”

As he said this we are in our 30<sup>th</sup> minute of the class. There is always a moment right around this time (or earlier) when I want to quit and walk out the door.

Saturday night martinis are burning my stomach and I'm feeling low. Or maybe, I'm just looking for an excuse to quit.

But the “Losers” continue with joy. There is no way I'm diving out with the Losers looking. I will not quit. I want their joy. I want to be able to level my diabetic playing field.

Also, each and everyone of them were really nice folks. All them personally thanked Andrew after the class, every single week. As the weeks went on, the “Losers” numbers began to dwindle. It was kind of sad. But I continue to feel their spirit.

If they can whip off hundreds of pounds, I can get better BGS numbers.