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You remember “The Biggest Loser,” right? The show’s trainers, medical staff, and contestants sure do. A recent docuseries, featuring interviews with some of the individuals involved with the show, took a look back at the early 2000s phenomenon. Having watched the program back in its early days and the entirety of the docuseries, Joanne shares her thoughts in this month’s feature.

Thanks,
Jonah

I Watched the Biggest Loser Docuseries So You Don’t Have To

In mid-August, a new three-episode docuseries was released on Netflix called “Fit for TV: The Reality of the Biggest Loser.” Eight former contestants, one of the coaches, the show’s physician, and the host of the show were interviewed along with the creators of the show and some other folks. The interviews with one of the trainers were pretty eye-opening. [Read More](#)



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