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EDITOR'S NOTE



I once heard a quote that goes, "When you change the way you look at things, the things you look at will change." For quite some time it has been a source of contention for me, that we in the world of obesity and weight loss have separated ourselves and are drawing lines. When *WLS Lifestyles* president, Dan Babbino explained to me that "WLS" not only stands for weight loss surgery, but also for weight loss success I realized that we both shared a common goal of making all voices one.

Over the years, I have worked as a writer, television personality and spokesperson. I have been a mother and a woman who once was over 350 pounds. Today, I am a successful bariatric patient. Like you, I will always have to keep up the fight. Sometimes I am losing, and sometimes I am waiting... but I am always fighting.

Here at *WLS Lifestyles* we look to bring you the cutting edge information and educational resources with inspiring stories of people who have changed their world and want to help change ours. Looking beyond to the years to come, we will continue to serve you, and prove to be a valuable resource in a world where obesity has become an epidemic of epic portions.

It was with great hesitation that I watched the first episode of "The Biggest Loser" in our home. However, it did not take long before I was brought to my knees... then lifted and inspired. It was in that time I realized I was not alone. Millions of other people were watching as well. Game over: I was hooked and committed to seeing the heroes and sheros. I felt it was important to cover "The Biggest Loser" with great depth in this issue, as I fully believe that whether you like it or not, this show is here to stay, and it has transformed more than just the contestants and those of us who are fighting our own battles. I believe that "The Biggest Loser" showed for the first time, perhaps ever in history, that people of size can move, and have the will and drive to succeed if given the opportunity. Unfortunately, we are far too often seen in a different light.

Over this past summer I was given the awesome privilege of getting to know some of the contestants. It became very clear to me that "The Biggest Loser" is a show designed to inspire. After speaking with biggest loser Bill Germanakos, I learned that it is the most watched show on the face of the earth! At the end of the day, if seeing is believing, then indeed they have done their job. The great thing is if this one is not for you then you can just quite simply turn the channel.

Best wishes,

Khaliah Ali

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