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...
Pay it Forward
One pound at a time

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COVER: "The Biggest Loser" is a reality television show with something more valuable at stake than \$350,000 for two winners, because America is winning too. With the end of each season, a new group of grateful winners spread out across America. A beacon of hope, knowledge and inspiration, they set off a chain reaction within their own families that radiates outward to their communities as they "pay it forward" to strangers in need of a jump-start to better health. These are the stories that America loves; real people, overcoming incredible odds to achieve something extraordinary.

Cover photos: NBCU Photo Bank

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CHANGING LIVES ONE ISSUE AT A TIME

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