



Contest prize: Personal transformation

"Biggest Loser" meets "Extreme Weight Loss"

By Anne Geggis, Sun Sentinel
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A group of medical and personal care professionals have come together to offer someone a chance at transformation. Think NBC's "The Biggest Loser" meets ABC's "Extreme Weight Loss."

The winner of the "Change A Life" Boca Contest will get on a medical weight loss program at Dr. G's Weight Loss Center in Boca as he or she is treated to an array of other services. New hair, new outfit, body waxing, body sculpting, gym workouts, dental services and even Botox are on the menu for the winner.

The prize could be worth tens of thousands of dollars, depending on what the winner needs.

The catch is that the contestants must be willing to bare their souls about how badly they need this kind of treatment, along with giving their real names. Their body mass indices must land them in the "obese" category, and their tales of woe must be verifiable.

Finalists who meet the medical requirements will have their video testimonies and stories posted on Facebook. The one with the most "likes" wins.

"We're going to show them how to completely change their life," said Elizabeth Goodman, who is part of the team coordinating the effort that includes a plastic surgeon, dentists, a chiropractor, a consignment shop, a gym and a masseuse.

The idea is to give the winner a jump start toward a new life with some serious pampering and life-changing results, Goodman said.

Dr. David Billmeier, a clinical affiliate professor at the Florida State University College of Medicine, said he applauds any attempts to get people to eat better and exercise more.

"We should avoid the toxins we as Americans tend to put in our bodies," he said. "I would like to see us all switching back to whole foods."

Joe Farnoly, a chiropractor by license and the wellness director at Dr. G's, said that he's already seen the winner of a similar contest in [Wellington](#) drop 100 pounds, and her journey isn't over

yet. He said that melting away the pounds is often a cure for diabetes, heart conditions, joint pain and confidence crises.

"Being overweight triggers a lot," he said.

Part of the treatment also will involve strolling supermarket aisles with Farnoly.

"I show them what they can eat in every aisle," he said.

The winner's transformation will be highlighted at a big "reveal" a year after the journey begins.

Visit <http://www.changealifeboca.com> to apply, or stop by Dr. G's Weight Loss and Wellness franchise at 7050 W. Palmetto Park Road after calling. Applications will be accepted until Dec. 15.

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