

# Jillian Michaels from The Biggest Loser Endorses Kangen Water

Jillian Michaels, famous weight loss & fitness expert, and trainer on NBC's "The



Biggest Loser" recently endorsed [Kangen Water](#) from Enagic on Los Angeles KFI AM Radio Talk Show as the water people should be drinking for weight loss and getting their body back in balance. Find out more [Here](#).

Sunday 9-11AM

[Official Website](#)

FAQ

What is the name of the special water Jillian endorses?

[Kangen Water](#)

What is the name of the salad dressing Jillian likes?

-Galeos Low Fat Miso Dressing.

What is the name of that calorie book Jillian uses?

-"The Calorie King Calorie, Fat & Carbohydrate Counter" by Allan Borushek.

Who is the doctor Jillian had on the show to talk about hormones?

-That guy isn't a doctor but his name is Dan Holtz and his company is [The Beverly Hills](#)

[Rejuvenation Center](#). The phone number is 310 473-5800 .

What is a BMR Calculator?

-The BMR Calculator will calculate your Basal Metabolic Rate (BMR). You can find your BMR online with this [calculator](#).

How do I know if I'm working out at the right heart rate?

-There is a way to calculate that.

Example: Gerry is 45 years old, wants to lose weight, and exercises three days a week, sometimes for 10 minutes, sometimes for 20 minutes and is just not sure how hard to go.

Her estimated max heart rate is  $220 - (\text{age}) 45 = 175$ .

The recommended target zone is 60-70%.

60% of 175=105.

70% of 175=123.

Gerry's target zone is 105-123.

Gerry should exercise three days a week for at least 30 minutes and keep her heart rate between 105 and 123 for effective weight loss. IT'S THAT SIMPLE!

### **What about choosing a trainer?**

-One thing is to make sure your trainer is NESTA Certified (National Exercise & Sports Trainers Association).

### **What is the name of that bread that Jillian says is so good?**

-Ezekiel Bread

### **How do I find out more about eating organically?**

-There's tons of information [here](#).

### **About Jillian**

Jillian Michaels is best known as the strength trainer and life coach for the Red Team on NBC's hit series [The Biggest Loser](#). The competitive weight-loss reality TV show is seen by nearly 15 million viewers every week, according to Entertainment Weekly's polls. As a motivator and role model, Jillian has a unique connection with her audience that stems from her own personal journey for wellness.

Jillian shared her team's losing secret in her debut fitness book, [Winning By Losing: Drop the Weight, Change Your Life](#), published by Harper Collins Press. The book presents Jillian's scientifically sound, refreshingly sensible and personalized way of approaching weight loss and maintenance. Winning By Losing is a three-prong approach to total fitness that is based in solid psychological methods, proven scientific facts, and good old-fashioned hard work.

In addition to her book, Jillian has also combined the best fitness training techniques with the most successful tips on nutrition to maximize home workout routines. Her brilliant routine is now available on DVD and in the online program available at [www.jillianmichaels.com](http://www.jillianmichaels.com).

Jillian's boundless energy and devotion to helping others enables her to be a life coach to those she trains. By imparting her unique and inspiring philosophy to her clients, stressing the integration of fitness, nutrition, and behavioral changes, [Jillian empowers](#) each one to define and reach personal goals, both physical and physiological.

Her passion for fitness training originates from 17 years of martial arts practice in Muay Thai and Aikido, in which she holds a black belt. Since 1993 Jillian has held two personal training certificates from the leading certification programs in the country, the National Endurance and Strength Training Association (NESTA) and the American Fitness Association of America (AFAA). During that time she has helped shape and inspire the lives of millions. In addition, the American College of Sports Medicine (ACSM) has recognized Jillian for their work in Advanced Exercise Nutrition and Supplementation for Training and Performance. Jillian's dynamic approach emphasizes strength-training modalities that can be transferred from the gym to daily life. Jillian's intense and effective technique incorporates the best of kickboxing, yoga, Pilates, plyometrics, and weight training to achieve optimal results. She is also proficient in Reebok Core, injury rehabilitation, endurance training, muscle growth, fat reduction and sports nutrition.

Jillian lives in Los Angeles with her beloved and faithful Chihuahua, Baxter. When she's not on the TV set, she enjoys traveling and getting involved in charitable activities. She is a celebrity advisor to National Day of Dance for Heart Health, an organization that encourages people to make exercise fun and to laugh, learn and dance to a healthier heart.

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