

'We're all fat again': More 'Biggest Loser' contestants reveal secrets

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As "The Biggest Loser" heads toward its live finale Jan. 29, two more ex-contestants approached The Post [alleging abuse by the NBC show](#).

"I suffered multiple stress fractures in my feet," says Season 2's Suzanne Mendonca. "I was diagnosed during filming, and the producers and trainers said, 'You still need to work out. Do the elliptical, do the bike.' They made me reshoot a running scene."

Mendonca began the show at 229 pounds and lost 90. "I was eating baby food," she says. "I'd wrap myself in garbage bags to sweat. We'd use the sauna for six hours a day. We stopped eating and drinking and would work out for four hours a day. People were passing out in the doctor's office."



— ADVERTISEMENT —



Today, she takes blood-pressure pills and is prediabetic. "A lot of the Losers probably won't say this — they all drank the Kool-Aid — but we have all suffered."

Rulon Gardner, who won gold in wrestling at the 2000 Olympics, walked off the show in Season 11. "They said to me, 'You mess with "The Biggest Loser," and we'll destroy your name,'" he recalls.

Rulon Gardner says that the show is both physical and mental torture.

Photo: Trae Patton/NBC

Like Mendonca, he says the challenges are rigged and the weigh-ins fake. He says he suffered neck and shoulder injuries. "I couldn't get out of bed," he says. "They said, 'If you don't work out, you'll lose, so you need to get up or go home.'"

Producers told The Post, "We stand behind the integrity and safety of the show. Our contestants are

closely monitored and medically supervised.”

But both ex-Losers are in contact with other contestants — there’s a private alumni site on Facebook — and the most scandalous secret, Mendonca says, is that just about everyone’s gained the weight back, herself included.

“NBC never does a reunion,” she says. “Why? Because we’re all fat again!”