

dr christian supersize vs superskinny

****Dr Christian Supersize vs Superskinny: A Deep Dive into Body Image and Nutrition****

dr christian supersize vs superskinny is a phrase that brings to mind a unique and eye-opening British television series that aired on Channel 4, hosted by Dr Christian Jessen. The show, which contrasts the lifestyles and eating habits of individuals at opposite ends of the weight spectrum, offers a fascinating exploration of the challenges faced by those who are either overweight or underweight. More than just entertainment, it provides valuable insights into body image issues, nutrition, and the complex relationship many people have with food.

The Premise of Dr Christian Supersize vs Superskinny

At its core, "Supersize vs Superskinny" pairs two individuals with drastically different body types—one struggling with obesity and the other with extreme thinness. The aim is to shed light on the extremes of eating habits and body image perceptions. Dr Christian Jessen, a practicing doctor and nutrition expert, guides participants through their journeys, helping them understand the health implications of their lifestyles.

The show's unique format involves swapping diets between the supersized and superskinny participants for a week. This swap is designed to expose each person to the other's eating habits, often resulting in surprising—and sometimes shocking—realizations about their own relationship with food and health.

Why the Show Resonates with Viewers

One of the reasons "Supersize vs Superskinny" has garnered attention is its raw and honest portrayal of real struggles. Many viewers find it relatable, as body image issues and dieting challenges are common across cultures. The show does not glorify any body type but instead aims to educate and encourage healthier choices.

Furthermore, Dr Christian's approachable and empathetic style makes the content accessible. He explains complex nutritional concepts in everyday language, making it easier for audiences to grasp the importance of balanced eating and the dangers of extreme diets.

Understanding the Health Implications

The contrasting worlds of supersize and superskinny participants highlight the health risks associated with both extremes. Obesity is widely known to increase the risk of heart disease, diabetes, and joint problems, while being underweight can also lead to weakened immunity, osteoporosis, and fertility issues.

Obesity: More Than Just Weight

Obesity is often misunderstood as merely a result of overeating or lack of willpower. The show emphasizes that factors such as emotional eating, socioeconomic status, and even mental health play significant roles. Many supersized participants reveal habits like binge eating or reliance on fast food, which contribute to their weight gain.

Dr Christian also addresses the importance of nutrient quality over calorie quantity. For example, a diet high in processed foods but low in essential vitamins and minerals can exacerbate health problems, even if calorie intake is high.

Challenges of Being Superskinny

On the flip side, superskinny individuals often struggle with issues like eating disorders, anxiety around food, or underlying medical conditions that affect their weight. The show reveals how restrictive eating patterns can lead to nutrient deficiencies, fatigue, and social isolation.

Dr Christian promotes the idea that gaining weight healthily involves more than just eating more food—it requires a focus on nutrient-dense meals, regular eating schedules, and sometimes psychological support to address fears around food.

Nutrition Tips Inspired by Dr Christian Supersize vs Superskinny

Whether someone is trying to lose weight or gain it, the show offers practical tips that can be applied in everyday life. Here are some key takeaways:

- **Balance is Key:** Aim for meals that include a mix of carbohydrates, proteins, and healthy fats to maintain energy and satiety.
- **Mindful Eating:** Pay attention to hunger cues and avoid eating out of boredom or stress.
- **Quality Over Quantity:** Opt for whole foods like fruits, vegetables, whole grains, and lean proteins instead of processed snacks.
- **Regular Meals:** Skipping meals can lead to overeating later; consistency helps regulate metabolism.
- **Seek Support:** If eating habits are influenced by emotional or psychological issues, consulting professionals can be invaluable.

Incorporating Healthy Habits

One standout feature of the show is how participants gradually adopt healthier lifestyles. Small changes such as cooking at home, reducing sugary drinks, or incorporating light exercise can make a big difference over time. Dr Christian emphasizes sustainability—avoid crash diets and instead focus on habits that can be maintained long-term.

The Psychological Side of Supersize vs Superskinny

Beyond physical health, the program sheds light on the mental and emotional aspects of body image. Both supersize and superskinny participants often share stories of social stigma, low self-esteem, and pressure to conform to societal ideals.

Breaking Down Body Image Stereotypes

The show challenges stereotypes by humanizing participants and showing their struggles beyond appearance. It encourages viewers to rethink judgments about weight and recognize the complexity behind each individual's situation.

The Role of Media and Society

"Supersize vs Superskinny" also indirectly critiques media portrayal of beauty standards. Unrealistic body ideals can contribute to unhealthy behaviors in pursuit of acceptance. Dr Christian's approach advocates for body positivity and health at every size, focusing on well-being rather than numbers on a scale.

Impact and Legacy of the Show

Years after its original airing, "Supersize vs Superskinny" remains a reference point in discussions about weight, diet, and health. It has inspired similar programs and continues to be a resource for those seeking insight into extreme body types and their challenges.

Moreover, the show has helped destigmatize conversations about weight and encouraged people to be more compassionate towards themselves and others. By blending education, empathy, and real-life stories, it has contributed meaningfully to public understanding of nutrition and mental health.

In essence, dr christian supersize vs superskinny is more than just a TV show; it's a lens through which we can better understand the complicated relationship many people have with food, body image, and health. By highlighting the extremes and encouraging balanced lifestyles, it offers lessons that remain relevant for anyone striving to find a healthier, happier way of living.

Frequently Asked Questions

What is 'Dr Christian Supersize vs Superskinny' about?

It is a British television series where Dr Christian Jessen helps individuals who are either extremely overweight or underweight by analyzing their eating habits and encouraging healthier lifestyles.

Who is Dr Christian in 'Supersize vs Superskinny'?

Dr Christian Jessen is a medical doctor and television presenter known for guiding participants through dietary and lifestyle changes on the show.

What are the main goals of the show 'Supersize vs Superskinny'?

The main goals are to raise awareness about extreme eating habits, promote balanced nutrition, and support participants in achieving healthier body weights.

How does the show compare the diets of supersize and superskinny individuals?

The show features participants swapping diets to reveal the impact of their eating habits and to encourage understanding and motivation for change.

Is 'Dr Christian Supersize vs Superskinny' based on real medical advice?

Yes, the show offers advice based on medical knowledge and nutritional science, guided by Dr Christian, a qualified physician.

What kind of transformations do participants undergo on the show?

Participants typically experience physical and emotional transformations as they adopt healthier eating habits and lifestyle changes.

Has 'Supersize vs Superskinny' faced any controversies?

Some critics have raised concerns about the show's approach to body image and the potential for reinforcing stereotypes, but it has also been praised for raising awareness about eating disorders and obesity.

Where can I watch episodes of 'Dr Christian Supersize vs

Superskinny'?

Episodes are available on various streaming platforms, the official Channel 4 website, and sometimes on DVD or other digital purchase options.

What impact has 'Supersize vs Superskinny' had on public awareness about diet and health?

The show has increased public understanding of the dangers of extreme diets, encouraged healthier eating habits, and highlighted the complexities of weight-related health issues.

Additional Resources

Dr Christian Supersize vs Superskinny: An In-Depth Comparative Review

dr christian supersize vs superskinny represents a unique exploration into the extremes of human body weight and dietary habits through the lens of medical expertise and reality television. Both shows, fronted by Dr. Christian Jessen, delve into issues surrounding obesity and extreme thinness, aiming to uncover the psychological and physical challenges faced by individuals at either end of the weight spectrum. This article undertakes a detailed investigation into the themes, approaches, and impacts of these programs, providing a nuanced understanding of their role in public health discourse and entertainment.

Understanding the Premise of Both Series

Dr Christian's involvement in both "Supersize vs Superskinny" and "Supersize Me" (often confused but distinct) highlights his commitment to addressing weight-related health concerns. "Supersize vs Superskinny," in particular, focuses on pairing individuals with contrasting body weights—one obese and one underweight—to confront their eating habits and lifestyle choices. The show's unique format allows for a direct comparison of behaviors and triggers that lead to weight extremes, offering insights into the complexities of diet, metabolism, and mental health.

Format and Structure

"Supersize vs Superskinny" typically follows a structured format where participants' diets are closely monitored and analyzed. The obese participant is encouraged to adopt healthier habits, while the underweight subject is guided towards gaining weight in a controlled and balanced manner. Dr. Christian's medical expertise provides an authoritative framework, ensuring that transformations are not only visible but sustainable.

The program's investigative style contrasts sharply with more sensationalist weight-loss shows,

opting for a clinical yet empathetic approach. This balance is essential in maintaining credibility, especially when addressing sensitive health issues such as eating disorders, binge eating, and metabolic disorders.

Comparative Analysis: Supersize vs Superskinny

When comparing "Supersize vs Superskinny" to other weight-focused TV shows, several distinctive features emerge:

1. Dual-Focus on Weight Extremes

Unlike typical weight loss programs that concentrate solely on obesity, "Supersize vs Superskinny" uniquely juxtaposes obesity with severe thinness. This dual focus broadens the dialogue about health, emphasizing that both extremes can be symptomatic of deeper psychological or physiological problems. The show highlights how societal pressures, emotional wellbeing, and genetic predispositions can influence eating behaviors in profoundly different ways.

2. Medical and Psychological Insight

Dr. Christian's background as a practicing doctor lends significant credibility to the program. His involvement ensures that the narrative is grounded in medical science, which is crucial for viewers seeking reliable health information. The show frequently incorporates expert consultations, psychological assessments, and nutritional advice, differentiating it from purely entertainment-driven weight loss content.

3. Ethical Considerations and Participant Welfare

Handling participants with extreme body weights requires sensitive ethical considerations. "Supersize vs Superskinny" has faced both praise and criticism regarding its treatment of vulnerable individuals. On one hand, the show provides a platform for personal transformation and awareness; on the other, some critics argue that it risks exploiting participants for dramatic effect. Nevertheless, the presence of medical supervision and psychological support mitigates some of these concerns.

Impact on Public Perception and Health Awareness

"Dr Christian supersize vs superskinny" plays a significant role in raising public awareness about the complexities of eating disorders and weight management. By showcasing real-life struggles, the series fosters empathy and understanding among viewers who may otherwise hold stigmatizing views about body weight.

Moreover, the program brings attention to lesser-discussed topics such as the dangers of chronic malnutrition and the mental health challenges associated with body image issues. It acts as a catalyst for conversations around balanced nutrition, self-acceptance, and the importance of professional guidance in health journeys.

Viewership and Reception

The show has garnered a dedicated audience in the UK and internationally, reflecting a societal appetite for authentic health content. While some viewers appreciate the candid exploration of weight extremes, others caution that the show's confrontational style may not be suitable for all audiences, particularly those susceptible to triggering content related to eating disorders.

The Role of Nutrition and Lifestyle Changes Highlighted in the Show

Central to "Supersize vs Superskinny" is the emphasis on sustainable lifestyle changes rather than quick fixes. The program educates participants and viewers alike on the importance of balanced diets, portion control, and regular physical activity.

- **Balanced Diets:** Participants are introduced to nutrient-rich foods tailored to their specific needs, whether for healthy weight gain or loss.
- **Behavioral Change:** Psychological support helps uncover emotional triggers behind unhealthy eating habits.
- **Exercise Regimens:** Customized fitness plans encourage physical activity appropriate to each participant's condition.

This holistic approach underscores the show's commitment to long-term health improvements rather than superficial transformations.

Critiques and Challenges Associated with the Show

While "dr christian supersize vs superskinny" offers valuable insights, it is not without its criticisms. Some health professionals argue that the show's format can oversimplify complex medical conditions. The quick timeline for weight change and the pressure of television production might not reflect realistic or safe expectations for all viewers.

Additionally, the juxtaposition of "supersize" and "superskinny" labels risks reinforcing stereotypes and stigmatizing language. This raises questions about the social responsibility of reality TV in framing health narratives.

Balancing Entertainment with Education

One of the ongoing challenges for "Supersize vs Superskinny" is finding the right balance between engaging storytelling and educational content. The show's dramatic reveals and confrontations serve to hook viewers, but maintaining medical accuracy and sensitivity remains paramount to its credibility.

Dr Christian's Influence and Expertise

Dr. Christian Jessen's role as both host and medical consultant is pivotal. His approachable demeanor and clear explanations help demystify health issues for a broad audience. His presence reassures viewers that the advice and interventions are medically sound, which is critical in an era rife with misinformation about diet and weight loss.

His involvement connects the series to a broader portfolio of health programming, reinforcing his reputation as a trusted figure in public health communication.

Conclusion: The Broader Significance of Dr Christian Supersize vs Superskinny

In examining the "dr christian supersize vs superskinny" series, it is clear that the program transcends mere entertainment. It acts as a mirror reflecting society's complex relationship with body image, diet, and health. By juxtaposing the extremes of weight, the show invites viewers to consider the multifaceted nature of wellness, the challenges faced by individuals struggling with weight-related issues, and the role of informed medical guidance.

While the show has its limitations and critiques, its contribution to raising awareness and promoting healthier lifestyles cannot be understated. Its blend of professional insight, participant stories, and educational content continues to resonate with audiences seeking understanding and inspiration in the challenging terrain of weight management.

[Dr Christian Supersize Vs Superskinny](#)

dr christian supersize vs superskinny: Obesity, Eating Disorders and the Media Karin Eli, Stanley Ulijaszek, 2016-05-23 How do the media represent obesity and eating disorders? How are these representations related to one another? And how do the news media select which scientific findings and policy decisions to report? Multi-disciplinary in approach, Obesity, Eating Disorders and the Media presents critical new perspectives on media representations of obesity and eating disorders, with analyses of print, online, and televisual media framings. Exploring abjection and alarm as the common themes linking media framings of obesity and eating disorders, Obesity, Eating Disorders and the Media shows how the media similarly position these conditions as dangerous extremes of body size and food practice. The volume then investigates how news media selectively

cover and represent science and policy concerning obesity and eating disorders, with close attention to the influence of pre-existing framings alongside institutional and moral agendas. A rich, comprehensive analysis of media framings of obesity and eating disorders - as embodied conditions, complex disorders, public health concerns, and culturally significant phenomena - this volume will be of interest to scholars and students across the social sciences and all those interested in understanding cultural aspects of obesity and eating disorders.

dr christian supersize vs superskinny: Bigger Than Bones Haley Jenkins, 2019-07-22 This volume was first published by Inter-Disciplinary Press in 2016. A murderer's hands are transplanted onto an innocent pianist, an asexual child's life is threatened by the world of sex and what really happens when pregnancy takes over a woman's body? Marginalization, eating disorders, altered bodies, breastfeeding, silent films, the truth behind angels and zombies, these topics are all explored in this exciting volume. Where do we draw the line between 'the body' and 'the other'? What does it really mean to meld the body with the biomechanical? Taking evidence from popular culture and well-known theorists worldwide, *Bigger Than Bones* explores how we are more than just our skeletal blueprint, that the body - and the perceptions of the body - give way to many layers of debate and inquiry. From being displaced by left-handedness to obtaining wings made from the dead, this collection provides a wide variety of material focused on the body's transformation, as well as the horror and the gifts it brings.

dr christian supersize vs superskinny: Consuming the Body Dawn Woolley, 2022-09-08 *Consuming the Body* examines contemporary consumerism and the commodified construction of ideal gendered bodies, paying particular attention to the new forms of interaction produced by social networking sites. Describing the behaviours of an ideal neoliberal subject, Woolley identifies modes of discipline, forms of pleasure, and opportunities for subversion in an examination of how individuals are addressed and the ways in which they are expected to respond. Key modes of address that compel the consumer to consume are: sadistic commands communicated in adverts, TV programmes and magazine articles; a fetishistic gaze that dissects the body into parts to be improved through commodification; and a hystericized insistent presence that compels the consumer to present their body for critique and appreciation that is exemplified in the selfie. Woolley interprets the visual characteristics of different types of selfies, including #fitspiration, #thinspiration, #fatspiration, and #bodypositivity to understand how they relate to current body ideals. Healthism and culture bound illnesses such as hysteria and eating disorders are examined to demonstrate the impact of commodified body ideals on consumers' bodies. An analysis of thinspiration images (photographs of emaciated bodies shared on pro-eating-disorder blogs and websites) suggests that the anorexic body represents the logical (and fatal) end point for the idealised body in consumer culture. Fat acceptance selfies suggest there is a fourth mode of address, empowering presence that has the potential to liberate consumers from the 'trap of visibleness' produced by the other three modes of address. In conclusion, the book identifies some creative methods for producing selfies that evade commoditisation and discipline.

dr christian supersize vs superskinny: Bodies in Flux Barbara Braid, Hanan Muzaffar, 2019-08-26 This volume offers an insight into a selection of current issues of embodiment and other related aspects, such as identity, gender, disability, or sexuality, discussed on the basis of examples from contemporary culture and social life. Inspired by Donna Haraway's concept of the cyborg as a transgressor of boundaries, the book examines fluidity of post-human bodies - from cyber relations to others and to self, enabled by the latest technologies, through fragmented, prostheticised, monstrous or augmented body of popular culture and lifestyles, to the dis/utopian fantasies offered by literary texts - showing how difficult it still is in current culture to let go of the stable boundaries towards the post-gender world Haraway imagines. Contributors are Dawn Woolley, Anna Pilińska, Barbara Braid, Jana Reynolds, Julio Ernesto Guerrero Mondaca, Ana Gabriela Magallanes Rodríguez, Katharina Vester, Wojciech Śmieja and Hanan Muzaffar.

dr christian supersize vs superskinny: Corporeality Cassandra A. Ogden, Stephen Wakeman, 2013

dr christian supersize vs superskinny: Real Lives, Celebrity Stories Bronwen Thomas, Julia Round, 2015-07-30 Explores the processes by which we narrate our own lives and the lives of others; our motives; and the role of media.

dr christian supersize vs superskinny: *Lifestyle Media and the Formation of the Self* J. Raisborough, 2011-01-05 Be the best you can be' urge self-help books and makeover TV shows, but what kind of self is imagined as needing a makeover and what kind of self is imagined as the happy result? Drawing on recent sociology and psychology, this book explores the function of slummy mummies, headless zombies and living autopsies to creating an idea of self.

dr christian supersize vs superskinny: *Medicine, Religion and Gender in Medieval Culture* Naoë Kukita Yoshikawa, 2015 An exploration of the relations between medical and religious discourse and practice in medieval culture, focussing on how they are affected by gender.

dr christian supersize vs superskinny: *Eat Up!* Ruby Tandoh, 2022-07-12 In this bestselling tour de force of a culinary manifesto, Great British Bake Off alum and former Guardian columnist Ruby Tandoh will help you fall back in love with food—from a great selection of recipes to straight-talking, sympathetic advice on mental health and body image “I read it greedily.” —Nigella Lawson Ruby Tandoh implores us to enjoy and appreciate food in all of its many forms. Food is, after all, what nourishes our bodies, helps us commemorate important milestones, cheers us up when we're down, expands our minds, and connects us with the people we love. But too often, it's a source of anxiety and unhappiness. With *Eat Up!*, Tandoh celebrates one of life's greatest pleasures, drawing inspiration from sources as diverse as Julia Child to *The Very Hungry Caterpillar*, flavor memories to jellied eels. She takes on the wellness industry and fad diets, and rejects the snobbery surrounding “good” and “bad” food, in wide-ranging essays that will reshape the way you think about eating.

dr christian supersize vs superskinny: *Food Media* Signe Rousseau, 2013-05-09 There have been famous chefs for centuries. But it was not until the second half of the twentieth century that the modern celebrity chef business really began to flourish, thanks largely to advances in media such as television which allowed ever-greater numbers of people to tune in. *Food Media* charts the growth of this enormous entertainment industry, and also how, under the threat of the obesity epidemic, some of its stars have taken on new authority as social activists, while others continue to provide delicious distractions from a world of potentially unsafe food. The narrative that joins these chapters moves from private to public consumption, and from celebrating food fantasies to fueling anxieties about food realities, with the questionable role of interference in people's everyday food choices gaining ground along the way. Covering celebrity chefs such as Jamie Oliver and Rachael Ray, and popular trends like foodies, food porn and fetishism, *Food Media* describes how the intersections between celebrity culture and food media have come to influence how many people think about feeding themselves and their families - and how often that task is complicated when it need not be.

dr christian supersize vs superskinny: *Can I Just Ask?* Christian Jessen, 2010 Dr. Christian Jessen, the unshockable presenter of the BAFTA award winning television show *Embarrassing Bodies*, and hit shows *Supersize Vs Superskinny* and *The Ugly Face of Beauty*, is always being tackled by strangers wanting answers to their most private medical questions. Like all doctors, Dr Christian finds people sidling up to him with their questions at parties, on trains, and even in the street. So why don't people ask their own doctors these questions in the more formal setting of the medical surgery? And what are the most common questions? Sometimes humorous, often surprising and always informative, *Can I Just Ask?* Provides the answers to all your questions, whether you have a worrying health dilemma or just a curious mind !www.drchristianjessen.com

dr christian supersize vs superskinny: *Supersize Vs Superskinny* Christian Jessen, 2008 A one-size-fits-all diet book to show you how to identify and conquer your food hangups, reach your ideal weight, and follow a healthier, happier lifestyle - without going hungry.

dr christian supersize vs superskinny: *Doutor, posso fazer uma perguntinha?* Christian Jessen, 2015-04-29 SEXO, DIETAS, BOA FORMA E CURIOSIDADES RECORRENTES PARA OS

PROFISSIONAIS DE SAÚDE Botox é seguro? É verdade que o sono antes da meia-noite é mais importante do que o sono após a meia noite? O que é possível fazer para tornar a menstruação um pouco mais suportável? É verdade que açúcar torna as crianças hiperativas? Como saber se seu filho está sofrendo abuso? Por que bocejamos, e por que o bocejo é contagioso? O que acontece quando nos apaixonamos? Doutor, posso fazer uma perguntinha é uma compilação dessas perguntas mais frequentes, cuidadosamente organizadas em sessões que auxiliam o leitor na hora de achar as respostas para as suas dúvidas. Para quem é curioso a respeito de alguns fatos extraordinários dessa maravilhosa máquina que é o corpo humano.

dr christian supersize vs superskinny: A Christian Diet S. H. Shepherd, 2019-04-15 In the beginning God created the heavens and the earth. He also gave to mankind a simple diet. He then showed the human race the way to live and the path of salvation through Jesus Christ. Jesus' example and teachings lead to a simple, natural life. Christians have a diet, one given to them by God. It enables the body to cure itself of diseases and other health disorders. It allows us to live a more active and productive life, the kind of life that we were meant to live. This book explains how diseases come about and how they are cured and prevented from taking root through the foods that God intended for us to eat. It explains how to break the vicious cycle of careless eating which is so detrimental to health and causes so many of our diseases and other health issues. It describes proper eating habits, the food combination laws, and how to abide by Nature's laws. It provides the incentives and encouragement needed to change not only our diets, but the very way that we live. So strong are the effects of what we eat on our lives. No other book goes as far in explaining why the God-given diet is the best for us, or the many dangers of our current way of eating and why they are contrary to the laws of Nature. Our neglect of the foods that God intended for us to eat has brought about the woeful health conditions that are so prevalent in the world today. The book explains: ● What disease is, and how to cure it. ● How cooked foods destroy health. ● How eating habits are formed. ● How to gain longevity. ● How to fast. ● How to live a simpler life. ● How to achieve the God-given diet from whatever diet you may be on. The God-given diet provides the zest and energy needed for a healthy, active life. Eating these foods makes us feel better and more thankful about every day of our lives.

dr christian supersize vs superskinny: A Defense of Christian Perfection Daniel Steele, 1896

Related to dr christian supersize vs superskinny

Prof. Dr. **Prof.** - Dr. doctor Doctoral Candidate by the way

Which is correct Dr. or Dr? [duplicate] - English Language & Usage Recently, I was reading articles on the net and realised that there is a lot of ambiguity over the usage of Dr. and Dr, Er. and Er etc. I usually prefer the dot while writing

title Prof Dr - full professor Prof. title Dr. Prof. Dr.

Is Dr. the same as Doctor? Or how to distinguish these two? "Dr." is an abbreviation for "doctor", and either can be used in most situations. However, it is not idiomatic to say, eg, "Frank is a Dr. at Memorial Hospital", or "Joe is sick so I

DR CT MRI - B

Prof. Dr. Dr. h.c. mult. Prof. Dr. Dr. h.c. mult. Prof. Dr. PEI Gang

dr - Dr 1599 ~ Dr

Terms for name prefixes "Ms., Mr." vs "Prof., Dr." I'm searching for two words that adequately describe and differentiate between the following two categories/groups of words, given they exist in english: Ms, Mr, Mrs, Miss etc. Dr,

¶¶ **Dr.** ¶¶¶¶¶¶¶¶¶¶ - ¶¶ On the other hand, using Dr. before the name of all who hold medical

doctor degrees and doctorates is cumbersome for readers. Instead, University style recommends that in most

Related to dr christian supersize vs superskinny

1. Supersize vs Superskinny (Moviefone13y) Dr Christian flies out to Evansville, Indiana, officially America's 'Fattest City', where 38% of the population is obese. Experts predict that by 2020 a third of adults in the UK will be obese. But in

1. Supersize vs Superskinny (Moviefone13y) Dr Christian flies out to Evansville, Indiana, officially America's 'Fattest City', where 38% of the population is obese. Experts predict that by 2020 a third of adults in the UK will be obese. But in

Supersize vs Superskinny Season 4: Episode Guide & Ratings (Moviefone1y) The new series starts with tears and tantrums as 21-stone Louise Hayes swaps with Josh Evan, whose diet barely features a proper meal. Louise is determined to get through the swap as deep down she's

Supersize vs Superskinny Season 4: Episode Guide & Ratings (Moviefone1y) The new series starts with tears and tantrums as 21-stone Louise Hayes swaps with Josh Evan, whose diet barely features a proper meal. Louise is determined to get through the swap as deep down she's

Related Articles

- [transformation worksheets 8th grade](#)
- [how to draw realistic with colored pencils](#)
- [come all ye faithful sheet music](#)

[Back to Home](#)