

# Alison Sweeney



Alison Sweeney is a director and actress who is also known for hosting 13 seasons of the American reality TV show, *The Biggest Loser*. As an actress, Sweeney starred in the NBC hit daytime soap opera *Days of Our Lives* as antagonist Samantha Gene Brady from 1993 to 2015. Starring in the series helped boost Sweeney's career and earned her a Daytime Emmy Award nomination. After 21 years with the series, Sweeney was able to direct a number of episodes and has even directed for other daytime dramas such as *General Hospital*.

Sweeney enjoyed a [celebrity wedding](#) in 2000, when she married her husband David Sanov, a Los Angeles police officer. The happy couple raised two children during their 16 year marriage. In a celebrity interview with CupidsPulse.com, the blonde starlet credits her family for her healthy lifestyle

choices. When pregnant, Sweeney couldn't help but notice the abundance of literature aimed at keeping babies (versus mothers) healthy and was inspired to write her book, *The Mommy Diet*. Sweeney's pivotal role as host of *The Biggest Loser* has contributed to her overall health and fit physique.