

Celebrity Interview: The Biggest Loser's Erica Lugo Talks Weight Loss and New Season



Interview by Lori Bizzoco. Written by Ellie Rice

The Biggest Loser's Erica Lugo is a bona-fide weight loss inspiration as she joins the team as the show's newest trainer. After reaching a peak weight of over 300 pounds, she made a decision to change her life once and for all and lost an incredible 160 pounds in two years. The motivation behind her extraordinary lifestyle change was her son Connor. As a dedicated mother, thyroid cancer survivor, and fitness studio owner, Lugo is a triple threat of perseverance and success.

In our exclusive [celebrity interview](#), Erica talks about the new season, her personal weight loss, and some advice for those looking to change their lifestyle.

How does it feel to be a part of a show that has made such a positive impact in so many people's lives?

I'm so grateful. I knew it would be impactful, but I didn't realize how close I'd become to everyone on the show.

What can viewers expect when they tune into the premiere on the 28th?

Viewers will hopefully be inspired by the contestants – their stories and their commitment to changing their lives.

Related Link: [‘The Biggest Loser’ Alum Lisa Rambo Talks Marriage and Weight: “We’ve Lost Over 180 Pounds Together!”](#)

What are you bringing to the table that no other trainer has brought before?

I lost over 150 lbs in the last 6 years so I know how hard the road is. Plus, I'm a recent cancer survivor. Hopefully my story will encourage and inspire people that anything is possible.

You gave really powerful encouragement to an audience member on the Kelly Clarkson show who was currently on her own weight loss journey. What advice can you give to all the men and women out there looking to lose weight, but not lose themselves in the process?

Love yourself and be proud of who you were, who you are and

who you're becoming because it's all the same person.

I saw that you are recently engaged, congratulations! Can you tell us a little bit about that?

Thanks! Daniel and I have been together for 2 years and are planning our wedding for April. It's really exciting to be trying on wedding dresses and making all the plans.

Related Link: [‘The Biggest Loser’ Contestant Gina McDonald Says, “My Husband Was Very Supportive of Me Going on the Show”](#)

As you may know our site focuses on love and relationships, what advice do you have for our readers looking to balance a career and romance?

Self-care includes making time for yourself and your love so take each day as it comes and do your best to find a balance as you go. Some days will be easier than others.

Staying mentally and physically healthy is an important element to any partnership. Do you have any tips for how to mix fitness into a relationship?

Having the love and support of loved ones is so important. Keep trying activities until you find what works best and is most fun for you and your partner.

Not only are you a trainer on the show, but you also have your own fitness company providing members with training exercises and meal plans. Can you tell us about Erica Fit Love and the Fit Love Squad?

We aim to provide fitness and nutrition programs to people at every stage of their fitness journey.

You have openly spoken about your battle with thyroid cancer. Your strength and confidence is incredibly admirable. What advice do you have for those going through a challenging time?

Work to find strength in yourself and from loved ones.

You've talked about the inspiration behind your weight loss, your son Connor. How does he feel about your role on the show?

I hope I can help contestants because I've been through what they're going through. I know how miserable burpees are and how much determination is required to make a life change to get healthy.

Aside from health and fitness, who is Erica Lugo?

I'm a mom, a fiancée and hopefully a good friend and source of inspiration

Where can we expect to see you in the future?

Hopefully on more seasons of The Biggest Loser because I'm just getting started!

Tune in to USA on Tuesdays at 8/9c to watch this season of The Biggest Loser. Want to keep up with Erica? You can follow her on [Instagram](#) or join the Fit Love Squad [here!](#)

Food Trend: Peganism





By Megan McIntosh

The hottest [food trend](#) combines two popular diets, paleo and vegan. The paleo-meets-vegan lifestyle incorporates vegan-living with no animal products and paleo-dieting, which includes no dairy, grains, soy, legumes, or processed sugar. One health expert created Peganism as a movement toward healthier living. With Peganism, animal foods aren't completely out of the question like they are with a vegan diet. Your diet should center on plant-based products while incorporating high-quality animal foods into your meals. Take our [food advice](#) and try this new trendy way of eating.

Here are some ways to get started with Peganism:

With all these food diet trends coming out every day, it's difficult to figure out which one is actually the healthiest. With Peganism, you take the core of two popular diets and combine them. According to the creator, Peganism is one of the healthiest ways to eat. It's so healthy that even Bob Harper,

host of *The Biggest Loser*, follows it.

So how can you start this new healthy food trend?

1. Avoid sugar: Like with most diets, you're going to want to avoid any added sugar. Peganism is a more natural way of eating, so you don't want any added chemicals, either. That means avoid processed foods like chips and candy.

2. Eat lots of plants: Of course a diet that is part vegan is going to emphasize eating lots of vegetables and other plant-based foods. But luckily, it balances out with the ability to eat meat. As this is a part-Paleo diet, you're going to want to make sure that you're eating grass-fed, organic meat with your veggies.

Related Link: [Popular Restaurants: NYC Vegan Restaurants That Will Satisfy Both Vegans and Non-Vegans](#)

3. Take it easy on the fruit: Since we're avoiding added sugar, you also don't want to eat too much sugar-heavy fruits like bananas. You want to go for fruits like berries which tend to have less sugar. But think of these fruits as a treat, not an everyday snack.

Related Link: [Food Trend: Check Out the Best Diet-Friendly Snacks](#)

4. Just say "no" to dairy: Dairy is apparently not agreeable to many people which might explain the influx of non-dairy based milk on the store shelves. Avoid real dairy if you can. You should also try to avoid products containing gluten.

Related Link: [5 Food Trends to Watch for in 2019](#)

5. Meat is extra, not the main event: Meat should be an addition to your meal and not the star of the dish. Think of meat as a side and vegetables as the main course. There should be way more vegetables on your plate than meat.

Veganism and the Paleo diet can both seem overwhelming but this newest food trend combines the two to give you more food options while maintaining that healthy eating lifestyle.

Are there any other diet tips you would give when trying Peganism? Share below!