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**NBC'S "THE BIGGEST LOSER" SELECTS FITNESS RIDGE RESORT AGAIN
TO PROVIDE GIVEAWAY FOR EPISODE AIRING TUESDAY, DECEMBER 2
(8 PM ET)**

Fitness Ridge – A \$4,000 Experience For Only \$1,395

Fitness Ridge Resort & Spa, one of the newest and fastest growing weight loss spas in the United States, will be featured in an upcoming episode on NBC's popular television show, The Biggest Loser. Fitness Ridge provided a giveaway in an episode last season and was approached by the show again. The resort has readily agreed to provide the featured prize for a contestant fitness challenge on an episode set to air on December 2nd.

Says David Norton, a producer of the show, "When we visited Fitness Ridge we were struck by the friendliness of the staff, the beauty of the natural wonders surrounding the facility, and the quality of the facility itself; including the food and exercise programs offered there. Fitness Ridge Resort and Spa appears capable of giving people the opportunity to lose weight and get fit with results similar to our Biggest Loser Campus, but in a comfortable luxurious environment."

The giveaway will include round-trip airfare and a two week all-inclusive stay for two people at Fitness Ridge Resort & Spa; including private room lodging, meals, fitness activities, and spa services.

About Fitness Ridge Resort & Spa

Founded in August 2002 as The Body Shop Spa, Fitness Ridge was created to fill a depleted niche in the weight loss spa market. In 2006 The Body Shop Spa changed its name to Fitness Ridge and opened their doors at a new facility in Ivins, UT. In addition to their regular operations, Fitness Ridge and The Biggest Loser are exploring other branding opportunities together. Reservations can be made by calling 888-870-2639 or by visiting www.fitnessridge.com.

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