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## FOR IMMEDIATE RELEASE

### **“The Biggest Loser” Season Five At-Home Winner, Bernie Salazar, joins DietsInReview.com Staff**

Chicago, Ill. - DietsInReview.com is proud to announce at-home winner from "The Biggest Loser" season five, Bernie Salazar, has joined the staff at DietsInReview.com. Salazar assumed his role June 2008. He will be featured each Thursday on DietsInReview.com's Diet Blog sharing his story on how he continues to maintain his new, healthy lifestyle since leaving "The Biggest Loser" and give visitors his advice on introducing healthy, positive changes into their own lives.

"We are so pleased to have Bernie join the DietsInReview.com staff. Bringing in Bernie as one of our featured writers will be a great asset for our visitors and give them an opportunity to see through his experiences what it takes to have a healthy lifestyle" said Brandi Koskie, senior editor for DietsInReview.com, "Bernie is someone who is relatable and genuine, and someone to look up to for so many reasons."

Salazar is a recent graduate of University of Illinois in Chicago, Ill. and holds a master's degrees in Education. He is best known for participating in "The Biggest Loser" season five where he won at-home winner by losing 130 pounds. He is dedicated to sharing his newfound knowledge on leading a healthier life with others.

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#### **About Diets In Review**

Diets In Review is a leading diet and weight loss site, featuring more than 400 diet, weight loss program, diet pill and supplement reviews. Additionally, the Diet Blog is updated daily with the most need-to-know news and tips about weight loss and the Diet Chat allows dieters to their share experiences. Find more than Watchers, Diabetic and Low-Carb recipes and an interactive BMI Calculator. DietsInReview.com is a trusted source online for weight loss recommendations and healthy living.