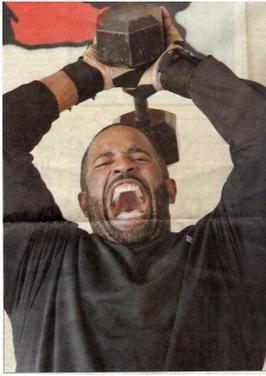


Local



Ken Canion 41, of Greensboro, works out Tuesday at Gensei-Ryu Karate. He is one of 50 participants in the TV show "The Biggest Loser" and has lost nearly 90 pounds through diet and exercise ahead of the Dec. 13 season finale.

Wednesday, October 25, 2006

For the latest local news update, go to www.news-record.com

CALL HIM A LOSER HE LIKES IT

On 'Biggest Loser' reality show, Triad man drops 90 pounds

BY TOM STEADMAN
Staff Writer

GREENSBORO — For as long as he can remember, Ken Can-ion has been big. Really big.

In high school, he played football at 240 pounds. In college at N.C. A&T during the '80s, he was a 285-pound offensive guard. Trouble was, after college he kept getting bigger.

Canion, now 41, found himself weighing in at 325 pounds, thanks to a penchant for fast food and all-you-can-eat buffets. Even with dieting, he couldn't seem to make it under 300. Then, last year he watched the finale of NEC's "The Biggest Loser," a reality show in which contestants compete to lose weight.

"I saw the dramatic changes people had made in themselves," said Canion, a motivational speaker who is married with two grown daughters.

This year, Canion is one of the show's 50 contestants — one from each state.

Since April, thanks to a strict diet and a rigorous exercise program, Canion has gotten down to 238. Whether that's enough to win the show's \$250,000 grand prize has yet to be determined.

Canion is one of 36 contestants doing the losing at home, while 14 others are living at the show's "ranch" outside of Los Angeles, under the watchful eyes of trainers and nutritionists. For the season's finale, the top two at-home losers will compete against those at the ranch for the top prize. Actually, the two top at-home losers already have been chosen, said Canion, but he isn't allowed to reveal the results before the season ends Dec. 13.

Canion already has appeared on-air twice during the series, which airs Wednesday nights.

Just to be picked for the show was tough. Canion drove to Norfolk, Va., in January, where he stood in line with thousands of other hopefuls. Only the first 750 even got interviewed; Canion was number 750.

Then he survived two more screening interviews before being called to Los Angeles and finding out he was on the show.

Even if he doesn't win the big money, Canion said, he's won something even better. These days, he runs four to six miles each morning and works out six days a week at a gym, on top of three grueling, two-hour

sessions per week at Gensei-Ryu Karate under the watchful eye of Herbert Mozell, known as "Sensei Moe."

Instead of stuffing in the food, he's eating grilled fish, fowl and meats, and more vegetables and fruits, portioned into five smaller meals a day.

"Before, I was interested in quantity, not quality," Canion said.

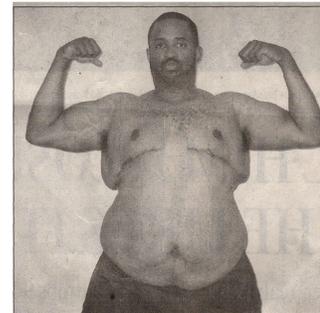
He's gotten lots of response from the TV show's Web site, Canion said. And now he's writing a book and putting together a documentary film to help other people tell their stories of how weight has affected their life.

And around town, people are always telling Canion they saw him on the show. Just the other day, he was at a bank when a worker there told him he had inspired her to lose weight herself. "The thing I aspired to do is already happening," Canion said.

Contact Tom Steadman at 373-7351 or tsteadman@news-record.com



Ken Canion, 41, of Greensboro, weighed 325 pounds in May. He's lost nearly 90 pounds working out at home as one of the 50 contestants on NBC's reality show "The Biggest Loser." He has already appeared twice on the show, which airs on Wednesdays.



Canion weighed 325 pounds earlier this year; now he's at 238. He runs four to six miles a day, works out six days a week — and could win \$250,000