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**Jillian Michaels**  
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## "I am not who you see on TV"

*The Biggest Loser's* Jillian Michaels is a master motivator for not only those she trains, but herself—and now you. By Erin Bried



"I don't tell people what to do. I give information and let them make choices," Michaels says.

to imparting the life lessons she has learned—about losing weight and being true to yourself—to others. Including you.

### On authenticity

Though Michaels had been into fitness since her teens, when she was 23, she took a job as a motion-picture packaging agent. "I was miserable. I didn't have any meaning in my life," she recalls. When she left the job and got back into training, "I went to work ecstatic every day." Still, when she was approached for *The Biggest Loser*, "I didn't want to do it. I didn't like the name of the show," she says. "But I met with NBC. They said, 'We want to try to take 100 pounds off somebody. Can you do that?' I was like, 'Sure. In a year.' And they said, 'We're going to give you these people. You're going to run their lives.' I was like, 'Oh, my God! Complete control?' It was too tempting! Five years later, we're going into Season 8. And they lose the weight in two months." While taping, she spends 14 hours a day, six days a week, with the contestants. "It's nothing like what you see on TV," she says. She let SELF in on what it is like:

**Big results take time.** "We're in the gym all day and night. The contestants easily do five hours of cardio a day, which I control.

'You, on the stairs! Level 6, no hands! You, on the rowing machine! Thirty-second intervals at 200 meters per second! And then I'll pull each one down for an hour and a half of hard-core, beat-the-crap-out-of-you training. And in the middle of their trying to lose weight, we're making a television show. So the producers need this one or that one for an interview. Sometimes, I'm like, 'Damn it, you can't have Helen! I haven't worked her out in two days!'"

**A reality show doesn't always show a lot of reality.** "Of the 100 hours we shoot for each episode, you see maybe 10 minutes of reality. I always end up looking mean and Bob looks nice. It drives me crazy to be portrayed as one-sided because it makes me look arbitrary, and I'm not. I'm aggressive in the gym, but I also have the ability to be introspective. The contestants will go, 'I didn't like when you said that to me.' And I'll say, 'I'm really sorry. I'll try *this* approach with you.' I'm passionate about how I do this job, and when that doesn't come across, it breaks my heart because I'm really true to my methods. I can't deny everything the show has allowed me—the platform it has presented to me to get out a bigger message. I think the show does a lot of good in the world. Just personally, it's hard. I'm like, 'This is not what happens!'"

**T**he biggest star on *The Biggest Loser*, trainer Jillian Michaels, has a secret. On her right shoulder, there's a small black tattoo, written in Japanese, that reveals more about her than she ever intended. She got the ink when she was 16, shortly after she had transformed herself, through martial arts, from a 175-pound "troubled fat kid with acne and braces" to the lean, mean fighting machine we know and love today. The tattoo was supposed to read "Restless Thunder," her black belt name. Instead, she was shocked to discover years later, it says "friend." "That f---er at the tattoo parlor didn't know what he was doing, so he just wrote *friend!*" she says, laughing. But as it turns out, despite the drill-sergeant image Michaels projects on *Loser*, the tattoo's sweet sentiment suits her. What you don't see on TV is that, underneath all the bluster, she's a total softie. If you watch the show, it may look as if Michaels is all about driving the contestants to train harder, longer and sweatier, but in fact, she says, her larger goal is to help them understand how their behaviors got them to their overweight, unhappy state in the first place. "I have a good understanding because I've been there," she says. The 35-year-old star (and new SELF contributing editor) is committed

## FASHION

**Cover/Cover Look** Elisabetta Rogiani top and shorts, \$140 for set; Rogiani.com. Alice + Olivia shirt, \$176; 212-840-0887. Helen Ficalora ball chain, \$170, sand dollar charm, \$165, starfish charm, \$160, and turquoise cabochon, \$200; 877-754-2676. Watch, \$17,925; Cartier.com. Anita Ko ring, \$3,200; Jeffrey, 212-206-1272.

**Page 20** Denim of Virtue jeans, \$198; Shop Kitson.com.

**Page 32** Letarte by Lisa Cabrinha and Kenneth Jay Lane bikini top with removable pin, \$194; Twig Swim & Sportswear Shop, 772-231-4472. Echo sarong, \$58; Bloomingdale's, 212-705-2000. Bottom right, far left: Puma tank top, \$35, and shorts, \$35; Store.Puma.com. Bottom right, far right: Couture Active Wear by Janis Saffell tank top, \$44; CoutureActiveWear.com. Yogabela Innerwear cropped pants, \$72; JackRabbit Sports, 212-727-2981.

**Page 36** Michael Kors Swimwear bikini top, \$186 for set (bottom not shown); Saks Fifth Avenue, 212-753-4000. Lija by Linda Hipp jacket, \$130; LijaStyle.com. Shorts, \$45; KarmaAthletics.com. Necklace with pendant, \$890; DeanHarris.net. Bracelet, \$3,175; Cartier.com.

**Page 54** Rory Beca beaded top, \$782; Seesaw, 201-567-5560. Ralph Lauren Black Label yellow tank top, \$155; RalphLauren.com. **Page 55** Rebecca Taylor orange cami-sole, \$245; ShopBop.com. **Page 56** Calypso St. Barth dress, \$195; 212-585-0310. **Page 58** Dress, \$150; BananaRepublic.com.

**Page 85** Elisabetta Rogiani halter top and matching shorts, \$130; Rogiani.com. Shoes, \$135; Asics.com.

**Page 110** Bra top, \$26, and shorts, \$30; KosUSA.com. Dog tag necklace, \$4,950; DavidYurman.com. On men: Dog tag necklaces; Gucci.com. Moschino Cheap and Chic dog tag necklace with pendant, \$115; Bloomingdale's. **Page 112** Victorinox Swiss

Army watch, \$350; SwissArmy.com. Puma shoes, \$62; select Macy's.

**Page 134** Bikini, \$244; BetseyJohnson.com. **Page 135** Dress, \$169; Talbots.com. **Page 136** Bikini (bottom not shown), \$249; PistolPanties.com. Shorts, \$313; OrlaKiely.com. **Page 137** Kate Spade top, \$245; 800-519-3778. Capris, \$50; Express.com. **Page 138** Shirt, \$20, bikini top, \$20, and shorts, \$27; 800-OLD-NAVY. **Page 139** Necessary Objects by Ady Gluck dress, \$58; FredFlare.com. **Page 140** Shoshanna swimsuit, \$180; Urban Chic, 202-338-5398. **Page 141** Sonia by Sonia Rykiel shirt, \$125; Blueberi, 718-422-7724. Betsey Johnson hipster, \$76; EverythingButWater.com.

**Page 150** Mossimo for Target shorts, \$13; Target.com. Bag, \$575; Lockheart.com.

## BEAUTY

Unless otherwise noted, all products are available at select department stores or mass-market retailers.

**Page 42** COBigelow.com

**Page 49** FHIHeat.com. Ken Paves, ShopKenPaves.com. MissionSkincare.com. CarolsDaughter.com. Kai, Apothia.com.

**Page 50** Coola, CoolaSuncare.com. LeaJourno.com. Kinara, KinaraSpa.com. BaxterOfCalifornia.com. Rosie Jane, RosieJaneCosmetics.com. OPI.com for locations. Alterna, AlternaHairCare.com for locations. Komenuka-Bijin.com.

**Page 54** Bed Head, TigiHaircare.com for locations. **Page 55** Mason Pearson, Amazon.com/beauty. **Page 56** Jilbere, SallyBeauty.com. MissOops.com. **Page 58** Kiehls.com.

**Page 62** Liptini.com. Le Labo, 323-782-0411. **Page 124** Swissco, RickysNYC.com. **Page 125** Ardell, Drugstore.com. **Page 126** Jurlique, Sephora.com. Dr. Hauschka Skin Care, DrHauschka.com. DuWop.com. **Page 128** MOP, MOPProducts.com for locations. **Page 129** Kiehls.com.

**Page 137** Nioxin.com for locations.

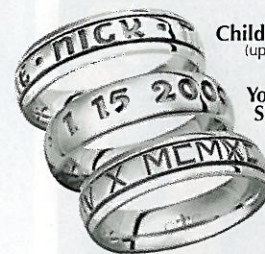
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