

ACTRESS

Who is Jillian Michaels



Who is Jillian Michaels? The world's most famous fitness instructor is an American personal trainer, real estate agent, and author based in Los Angeles, California.^[2] Michaels is best known for her fitness DVD series *Losing It With Jillian*. She is also known for appearing on *The Doctors*, she and her husband were awarded the *Award for Outstanding Talk Show Host* by the National Association of Informative Talk Show.

Career

As a personal trainer, Michaels uses a variety of fitness techniques including kickboxing, yoga, Pilates, plyometrics, and strength training. She is a member of the American Aerobics and Fitness Association of America (AAFA) and the National Association of Personal Trainers (NESTA),^[4] Kettlebell Instructor.

In January 2012, Michaels released her new DVD series, *Jillian Michaels: The New Workout*, which features new workouts, meal plans, and more.

Michaels' business partner and manager is Giancarlo Chersich. Together they operate Empowered Media, LLC.^[1]

Media

Michaels has released over 15 DVDs since 2005, including *Ripped in 30*,^[8] *Extreme Shed and Shred*^[9] and *Killer B*, which is scheduled for March 2012.

In addition to her DVDs, Michaels has also authored several books on health and wellness topics. Several of these books, including *Master Your Metabolism* and *Unlimited*, have made the *New York Times Best Seller list*.^{[11][12]}

Michaels hosted a Sunday talk radio show on Los Angeles' KFI (640 AM) from 2006 through 2009.^[13] Since February 2011, Michaels hosts a weekly podcast, *The Jillian Michaels Show*, through iTunes.^[14]

In December 2011 the show was among the podcasts honored by Apple in its App Store Rewind 2011, winning in the Best New Audio Podcast category.^[15]

On October 21, 2008, she launched a new video game for the [Wii](#), *Jillian Michaels' Fitness Ultimatum 2009*^[16]^[17] year later, she launched a sequel called *Fitness Ultimatum 2010*. In 2011 Michaels released two more games, *Jillian Michaels Fitness Ultimatum 2011*^[18] and *Jillian Michaels Fitness Adventure* for the [Xbox 360](#).^[19]

The Biggest Loser



Michaels was an original trainer on the [reality](#) *The Biggest Loser*

when the show debuted in October 2004. On the show Michaels assumed the role of the Red Team trainer and remained in that capacity for the show's first two seasons. After her departure in 2006 she was replaced by [Kim Lyons](#).^[20] She returned to the show in 2007 as the Black Team trainer, competing against the Red Team and [Bob Harper](#)'s Blue Team.^[21] Along with Harper, Michaels was also a trainer in the Australian version of the show from 2006 to 2007.

On December 7, 2010, Michaels announced via [Twitter](#) that the [eleventh season](#) of the show would

be her last.^[23] Michaels made her last appearance on *The Biggest Loser* in May 2011.

On September 4, 2012, it was announced that Michaels will return to *The Biggest Loser* in Season 14.^[24]

Losing It With Jillian

On June 1, 2010, [NBC](#) debuted *Losing It With Jillian*, a [spin-off](#) of *The Biggest Loser*. In the show, Michaels focuses on one family per episode, visiting their home to work one-on-one with them for a week.^[25]^[26]

Losing It With Jillian originally ran on [NBC](#) in June and July 2010. As of January 2012, all eight episodes of the series are available for viewing online.^[27]

Contract with CBS Television Distribution

On May 6, 2011, [CBS Television Distribution](#) announced that Michaels had signed a multi-year deal to become a host of the panel-discussion show *The Doctors*, as well as serve as a special correspondent on the CTD program *Dr. Phil*. Michaels had been a guest on *The Doctors* several times previously.^[28] On the show, Michaels hosted a recurring segment called *Ask Jillian*, which dealt primarily with nutrition and diet topics.

Michaels left *The Doctors* in January 2012 after only half a season on the series, stating the arrangement "wasn't the fit both the show and I hoped for." Her possible return as a guest was not ruled out. Michaels will continue to appear periodically on *Dr. Phil*.[†]

Charities

Michaels is involved in a variety of charities, including the [NFL's Play 60](#)^[31] the [Clinton Foundation's Alliance for Wardrobes](#),^[34] [Hope for Haiti](#),^[35] [Sow a Seed and Dress for Success](#).^[36] Michaels also devotes time to animal welfare from the slaughterhouse.^[37]

Michaels serves as an adviser to the National Day of Dance for Heart Health, an organization that encourages people to exercise, have fun and to laugh, learn and dance for a healthier heart.^[38]

In January 2012 she was a participant in the Clinton Foundation's inaugural "Health Matters: Activating Wellness in Every Generation" conference.^[39]

Investments

Michaels is currently an investor in Flywheel Sports, a chain of indoor cycling studios, and in [Popchips](#).^{[40][41]}

Controversy

In 2010, Michaels faced four separate lawsuits alleging ingredients in the Jillian Michaels Maximum Strength Calorie Control dietary supplement, the Jillian Michaels Maximum Strength Fat Burner and the Triple Process Total Body Detox and Cleanse were ineffective or dangerous.^{[42][43][44]} In each instance, Michaels strongly denied the allegations, calling them "baseless." All four s

Michaels was the subject of a highly critical October 2010 [op-ed](#) piece in the *Los Angeles Times*.

The article claimed Michaels "is not actually a real fitness trainer — she's an actress playing the role of fitness trainer on TV and in a line of popular DVDs" and alleged she had let several of her fitness certifications lapse.^[48] Michaels responded by threatening legal action for [defamation](#), stating she had been an a certifications have lapsed.^[49] The newspaper published a [correction](#) citing her up to date certifications shortly th

Personal life



Michaels was born 18 February 1974, in [Los Angeles, California](#) to JoAnn McKarus. Devastated by her parents' divorce when she was 12, she struggled with weight problems during her early teens. In a 2009 episode of *The Doctors*, Michaels showed a photograph of herself at age 12, saying she weighed 175 pounds (79 kg) and was 5 feet (150 cm) tall. She began to take control of her weight problems at age 14 when her mother signed her up for [martial arts](#) classes. By age 17, Michaels was working as a personal trainer.

Michaels attended [California State University, Northridge](#), supporting herself working briefly as an agent with [International Creative Management](#), in 2002 [Beverly Hills](#).^[52]

Michaels is close to her mother, brother and younger sister.^{[53] [54][55]} She is Kassius, born March 30, 2002.

Michaels is openly [bisexual](#), stating "Let's just say I believe in healthy love. If I fall in love with a woman, that's awesome. If I fall in love with a man, that's awesome. As long as you fall in love...it's like organic food. I only eat healthy food, and I only want healthy love!"^[56]

She is the mother of a two year old daughter, Lukensia "Lu", adopted from Haiti in early May 2012, and a son, Phoenix, born to Michaels' partner Heidi Rhoades on May 3, 2012.^[57]

DVDs

- *The Biggest Winner – How to Win by Losing: Shape Up-Front* (September 2005), ASIN B000ACQXHW
- *The Biggest Winner – How to Win by Losing: Shape Up-Backside* (September 2005), ASIN B000ACQXJA
- *The Biggest Winner – How to Win by Losing: Cardio Kickbox* (December 2005), ASIN B000B7PNHW
- *The Biggest Winner – How to Win by Losing: Maximize – Back in Action* (April 2006), ASIN B000B5XPJC
- *The Biggest Winner – How to Win by Losing: Maximize – Full Frontal* (April 2006), ASIN B000B5XPJH
- *Get Fit & Fab* (December 2006), ASIN B004QSQMLS
- *Jillian Michaels – 30 Day Shred* (March 2008), ASIN B00127RAJY
- *Jillian Michaels: Banish Fat, Boost Metabolism* (February 2009), ASIN B001NFNFN0
- *Jillian Michaels: No More Trouble Zones* (February 2009), ASIN B001NFNFMQ
- *Jillian Michaels: Yoga Meltdown* (March 2010), ASIN B0031XYLWG
- *Jillian Michaels: Shred-It With Weights* (September 2010), ASIN B003TJM69C

- *Jillian Michaels: 6 Week Six-Pack* (November 2010), ASIN B0042AGNB4
- *Jillian Michaels for Beginners: Backside* (December 2010), ASIN B0042J7GSE
- *Jillian Michaels for Beginners: Frontside* (December 2010), ASIN B0042J7GS4
- *Jillian Michaels Ripped in 30* (March 2011), ASIN B004CRR9IS
- *Jillian Michaels Killer Buns & Thighs* (September 2011), ASIN B0051GLDQI
- *Jillian Michaels Extreme Shed & Shred* (December 2011), ASIN B005K8QI9E
- *Jillian Michaels Body Revolution* (February 2012)
- *Kickbox Fastfix* (March 2012), ASIN B006IRQU5S
- *Jillian Michaels Killer Abs* (September 4, 2012)

Bibliography

- *Winning by Losing: Drop the Weight, Change Your Life* (September 2005), [William Morrow](#), ISBN 0-06-084546-6
- *Making the Cut: The 30-Day Diet and Fitness Plan for the Strongest, Sexiest You* (April 2007), [Crown Archetype](#)
- *Master Your Metabolism: The 3 Diet Secrets to Naturally Balancing Your Hormones for a Hot and Healthy Body*
- *The Master Your Metabolism Calorie Counter* (April 2010), [Three Rivers Press](#), ISBN 0-307-71821-2
- *The Master Your Metabolism Cookbook* (April 2010), [Crown Archetype](#), ISBN 0-307-71822-0
- *Unlimited: How to Build an Exceptional Life* (April 2011), [Crown Archetype](#), ISBN 0-307-58830-0





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Who is Kirsten Caroline Dunst?



Who is Kirsten Caroline Dunst? The entertainment actress and singer. She made her film debut in the anthology *New York Stories* (1989). She appeared before securing the role that brought her widespread fame in *Vampire* (1994). She was nominated for a Golden



credits of the film. In 2008, Dunst admitted that she was pregnant and discharged herself in March 2008. Dunst has

Razorlight frontman Johnny Borrell.

Dunst was born April 30, 1982 in Point Pleasant, New Jersey to Klaus and Inez Dunst. She has a younger brother. Her mother was an artist and former gallery owner. On her father's side, Dunst is of German descent and on her mother's side, she is of Italian descent.

Dunst lived in New Jersey until the age of six, where she attended Ranney School, before she moved with her mother to Los Angeles. In 1995, her mother filed for divorce from her father. In 1996, she began attending Notre Dame, a private Catholic school. In 2000 and left to continue in her acting career. When asked if she had any regrets about the way she spent her childhood, she said, "The way I grew up and I wouldn't change it. I have my stuff to work out... I don't think anybody can sit around and complain about their issues."



Dunst began her career as a child fashion model at the age of 10, working for Models and Elite Model Management. At the age of 11, she appeared in a short film that was released as one-third of the anti-war film *The Thin Red Line*. She also appeared in a part in *The Bonfire of the Vanities* (1990) as Tom Hanks' daughter. She had a recurring role in the seventh season episode of *Star Trek: The Next Generation* as Kiki, a 13-year-old apprentice witch, who leaves her home to start Kiki's Delivery Service. She also had a recurring role in *Star Trek: Voyager* as Doctor Doug Ross, played by George Clooney, on the *Enterprise*.

Dunst portrayed young Amy March in the 1994 film *Little Women*, which received positive reviews; critic Janet Maslin of *The New York Times* wrote that she was "perfect" and remarked on Dunst's performance: "The perfect corset. Amy, whose vanity and twinkling mischief make so much sense when seen from grown-up Joan Bennett in 1933. Ms. Dunst, also known as Felicity Jones, is a little vamp with a big future."

She later appeared in the fantasy film *Jumanji* (1995), loosely based on Chris Van Allsburg's 1981 book of the same name. The story is about a supernatural and ominous board game which makes animals and other jungle hazards appear

upon each roll of the dice. She was part of an ensemble cast that included Robin Williams, Bonnie Hunt, and David Alan Grier. The movie grossed \$100 million worldwide. That same year, she was named one of *People* magazine's 50 Most Beautiful People, which she repeated in 2002. In 1997, she was the voice of Young Anastasia in the animated musical film *Anastasia*.

Dunst was also offered the role of Angela in the 1999 drama film *American Beauty*, but turned it down because she did not want to appear in the film's suggestive sexual scenes or kiss co-star Kevin Spacey. Also adding, "When I read it, I was 15 and I don't think I was mature enough to understand the script's material." That same year, she appeared in the comedy *Dick*, alongside Michelle Williams. The film is a parody retelling the events of the Watergate scandal which led to the resignation of then US president Richard Nixon.

She had the role of troubled adolescent Lux Lisbon in Sofia Coppola's independent film *The Virgin Suicides*. The film was screened at a special presentation at the 43rd San Francisco International Film Festival in San Francisco. *San Francisco Chronicle* in review of the film, noted: "Dunst beautifully balances innocence and wantonness."

In 2000, she played Torrance Shipman the captain of a cheerleading squad in *Bring It On*. The film generated much buzz, and Dunst's performance was widely praised. "‘Bring It On’ doesn’t provide Dunst with as good a role as she had in last year’s underrated political satire *Dick* or *The Virgin Suicides*." While Jessica Winter of *The Village Voice* complimented Dunst, stating "Dunst... delivers a performance that is both subtle and powerful. She provides the only major element of *Bring It On* that plays as tweaking parody rather than slick, strident, bodacious comedy."

The following year, Dunst depicted the late American actress Marion Davies in *The Cat’s Meow* (2001). The film was described as "playful and sporty" and said of Dunst, "[She] gives her best performance to date amid a story that involves her falling in love with two very different men, Dunst endows a potentially lightweight character with considerable depth and sympathy." "terrific". For her work, she won the Best Actress Silver Ombú category award at the 2002 Mar del Plata Film Festival.

Dunst supported Democratic candidate John Kerry in the 2004 US presidential election. She supported Barack Obama in the 2008 US presidential election. She was ranked in the "Hot 100 List" by *Maxim* magazine in 2003 and 2004. She was ranked at number 59 on VH1's *Blackwell's* famous Best Dressed List for 2005.

Dunst confirmed that she was treated for depression early in 2008. She sought treatment at the Cirque Lodge treatment center in California. She described her experience as "low" in the six months prior to her going to rehab. In late March, she checked out from the treatment center and returned to work. She shared information to "highlight the struggle faced by so many other successful women" and to dispel false rumors that she had died.

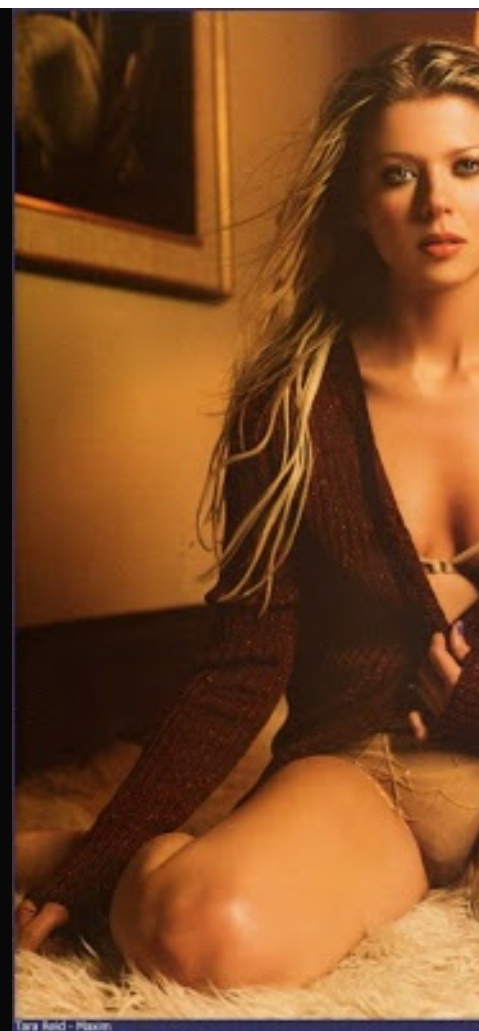
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Who is Tara Reid?



Who is Tara Reid? She was born on January 24, 1979, in Oakland, California. She is an American actress and model. She is known for her roles in the films [The Big Lebowski](#) (1998), [National Lampoon's Van Wilder](#) (2001), [National Lampoon's Van Wilder: The Rise and Fall of李某](#) (2005). Reid was born and raised in Oakland, California, where her parents are teachers and day-care workers. She attended Oakland School and subsequently Ramapo High School in Oakland. She graduated from Barnstable Academy in Barnstable, Massachusetts. Both high schools are in Oakland. Reid has twin younger sisters, Tara and Tara.



Tara Reid - Pixmap

During summer 2005, she was busy filming [Incubus](#) in [Romania](#) at an assortment of clubs with [Bucharest](#)'s local network, premiered in September 2005; it was canceled the following month. The show was an up-dated incarnation that traveled to exotic places to party. In January 2007, Reid filmed a commercial with [Daniel Conn](#) for Dodo, an [Aussie](#) the September 2007 issue of [FHM](#) magazine.

On December 12, 2008 publicist Jack Ketsoyan said Reid checked into the Promises Treatment Center. He did not

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Who is Keyshia Cole



Who is Keyshia Cole? She was (born October 15, 1981). She is an American R&B singer-songwriter, and record producer. She has cited Mary J. Blige and Brandy as her biggest influences and inspirations.

She released her platinum selling debut album *The Way It Is* in June 2005, and her sophomore platinum album *J* in June 2007. Her third album, *Different Me*, will be released on December 16, 2008. The lead single "Playa Cardz Right" features rapper Tupac.

Cole currently wrapped filming the third season of her BET reality series, *Keyshia Cole: The Way It Is*, which premiered in August 2008.

Keyshia Cole was born in Oakland, California to an African-American mother, Francine (Frankie). Keyshia does not have a biological father because her biological mother's drug addiction made her incapable of caring for Keyshia and her brother, Keyshia Cole Jr. at two years old. She is the younger sister of Oakland based rapper Nutt-So.[citation needed].



Cole's first experiences with the music industry began at the age of twelve, when she recorded with MC Hammer.

In 2004, she attracted the attention of A&M Records executive Ron Fair.[2] The following year, her Platinum-debut album, *The Way It Is*, was released. It features the singles "I Changed My Mind", and "I Should Have Cheated", and "Love". The album debuted at #6 on the U.S. charts and

Her sophomore album, *Just Like You*, was released in 2007. It features the singles "Last Night" featuring Diddy, "Shoulda Let You Go", and "Heaven Sent". It debuted at number two on the U.S. Billboard 200 chart, selling 300,000 copies.

At the 50th Grammy Awards, Cole was nominated for two Grammys, Best Contemporary R&B Album and Best Female R&B Vocal Performance.

Keyshia Cole has worked on numerous projects over the years. She has been on soundtracks for productions such as *Boyz n the Hood*, *Did I Get Married*, and others. She also released her debut platinum album on A&M Records titled *The Way It Is*. She has also released numerous singles, including "I Changed My Mind" featuring Kanye West and "Love".



Keyshia released the first single from her sophomore album titled "Let It Go" released on July 19, 2007, her second single "Remember" on December 5, 2007, and her fourth single "Heaven Sent" on March 7, 2008. "Heaven Sent" was #1 for 3 weeks. On the Billboard Hot 100, the song peaked at #28.

Keyshia graced the October 2007 covers of Sister 2 Sister, Essence, VIBE and Jet magazines[3] and December 2007 issue of

She released her sophomore album Just Like You in September 2007 with guest artists Missy Elliott, Lil' Kim, Too Short and

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