

Trainer Bob needs break after 'longest and biggest' Season; Emily de Ravin anticipates return to 'Lost'

by Marilyn Beck & Stacy Jenel Smi

Trainer Bob Harper admits he felt more than ready for a break when he wrapped up the current season's production of "The Biggest Loser" last week, in advance of its May 12 live season finale.

"This was the longest and biggest season we've done. And there were so many twists and turns," he notes. "When they decided to change the teams around like they did, after two months of us all working together, it had a huge impact. These were people we were working with every single day."

He hopes that's one twist that won't be repeated in the popular weight loss competition. "I would love to be really unbiased and say it didn't faze me, but obviously it did. When it got changed around, it was a definite big adjustment for me. I get very attached to my teams. Saying goodbye is one of the hardest things I can do. This season was teaching me to do that; I didn't do it very well."

Bob also admits, "I was more affected than Jillian was." Speaking of his fellow trainer and "Biggest Loser" rival, Jillian Michaels, he goes on, "Jillian tends to keep things in perspective, where I take things personally."

Also, "When we started off the season, both of us had good, balanced, strong teams. It got so off-balance, Jillian and I both said there was no competition."

Now Harper's going to get in some much-desired rest and relaxation before getting to work on whipping his next group of "Biggest" contenders into shape.

"I'm going to Paris for a little vacation. It's my favorite city in the world," he says. "And I'm going to catch up with friends I've ignored."

FAR, FAR AWAY: Emily de Ravin is already anticipating her return to "Lost" after a season away from the show. "It will be fun going back and fun to see what they do with their final season – so interesting to see how they tie everything up," says the beautiful 27-year-old Aussie actress. "I believe we start shooting again in August or September."

As for her character, Claire, "I have no clue where I've been."

As for herself, de Ravin has been busy with big and small screen projects including "Public Enemies" with Johnny Depp. "That was a completely different experience for me â€” by far the largest production I've worked on â€” doing a scene a day when on an indie you're doing five, six or seven scenes a day. I had an amazing time. Obviously, working with Johnny was fantastic. He's a lovely man as well as being insanely talented. And I enjoyed the hair and makeup and wardrobe and those fun things. People were so different back then," she says of the 1930s.

The actress also has the films "Rogue's Gallery" and "The Chameleon" on the way, the animated "Gaurdians of Ga'Hoole" â€” and tomorrow's (4/4) "Nora Roberts' High Noon" Lifetime movie, in which she plays a hostage negotiator for the Savannah, Ga., police, who finds love with the man who can save her (Ivan Sergei).

"My character is so strong and three-dimensional. She's dealing with so much in her life â€” she's a single mom with a high-pressure job. Just that alone would be enough, but she's also dealing with her mother, who is agoraphobic." That character is played by Patty Duke, "a great actress and lovely lady," de Ravin says. She also says, "It's a wonderful, hopeful story."

SOMETHING OLD, SOMETHING NEW: "My character could have been 'that guy on the show who is always shagging people,' but instead he's a genuine, real character â€” a person who has flaws." So says "The Tudors" hottie Henry Cavill, explaining that he's happy with his character's transformation from reckless playboy to devoted family man. "I like what Michael has done with him," adds Cavill, speaking of show creator Michael Hirst. "In life we all have phases we go through, big decisions we have to make that don't make everyone happy. You get to see that with Brandon."

Cavill couldn't be much further away from his 15th-century incarnation in his two upcoming movies â€” Joel Schumacher's "Creek" horror flick, and Woody Allen's "Whatever Works" with Larry David, Evan Rachel Wood and Patricia Clarkson. The latter film was shot in New York City and is set for release in June. Cavill, who made his breakthrough in 2002's "The Count of Monte Cristo," says he wasn't making a concerted effort to play contemporary characters â€” the roles just came along. In fact, "I like doing period jobs, I really do. I fall into them naturally."

ON THE MUSICAL BEAT: Seventeen-year-old pop star Jordan Pruitt tells us she's completed her third album, "but before it actually comes out we're going to be doing some songs with them" â€” them being her pals, the Jonas Bros. She's toured with the It Teen Idols. "I was talking to Nick the other day, and we realized we've known each other for five years," she says. Five years is like, forever, in the teen pop world, of course. "They're the most down-to-earth guys, and they have not changed a bit. I just love them so much. My looks have changed, but otherwise I've definitely not changed," she adds. I'm more in love with music than ever." In fact, Jordan is fully committed to her life as a singer and songwriter â€” to the point she does not foresee herself taking on any acting assignments. "I'm not a good actress. I leave that to the professionals. I'll just stick to what I love doing."

With reports by Emily Feimster.

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