

Olympic Gold Medalist Joins Episode 9 'All in the Family' on The Balancing Act on Lifetime TV

Seven-Time Olympic Medalist Shannon Miller meets up with Makeover Ladies to help them Go for the Gold on Mission Makeover™

(Pompano Beach, FL- PR LOG/CISION – April 19, 2013) Game On! The weight loss competition heats up with only four weeks left until one of the three makeover ladies pulls ahead enough to win. You won't want to miss the sweat and tears in Episode 9 of the Mission Makeover™ series airing on Monday, April 22nd at 7:30 am (ET/PT) on The Balancing Act® on Lifetime TV.

Shannon Miller, seven-time Olympic Medalist and America's most decorated gymnast hits the park with celebrity trainer **Adriana Martin** to spend a fun-filled day engaging in exercise with the makeover team and their families -- while sharing her passion for advocating for the health and wellness of women and children with the Together Counts program. Miller inspires the ladies to "get moving" and raise their bar by performing everyday activities with gusto, from house cleaning to walking to playing with their toddler on the playground.

Having mastered floor exercises and the balance beam at the Olympics, Shannon now practices another type of balance called "energy balance" - balancing calories taken in through foods and beverages with calories burned through activities - which she advocates can be a pathway to a more active, healthy lifestyle. Viewers will see what tools Miller gives the women to help them go for the gold on their journey to health and wellness.

Tony Horton, the famed P90X trainer and creator of Tony Horton's Kitchen urges viewers and the makeover ladies to "Plan active vacations or trips to the gym with family and friends," and talks about ways to stick to a new lifestyle by creating a strong support system.

"What we wear is just as important as how we wear it." Delra Harris, personal trainer and recording artist, joins the show and pushes the ladies' workouts to the max while they wear compression wear that holds its shape by **Marena Group**. The workout garments are made of a unique fabric that slims, shapes and smoothes the skin and even helps muscles recover after a workout. The Cool Max feature helps sweat stay away from the body.

Even with celebrities and experts there to help, not all is going smoothly. One of the women has another intervention, both physical and mental, and meets with **Dr. Gaby Cora** to delve into why she feels she is failing.

Chef Nick from **Domino Foods** returns to the kitchen of Mission Makeover say that family is everything! With helpful calorie cutting tips for the ladies' weight loss journey, he cooks up a quick vegetable recipe the whole family can enjoy using Domino® Sugar Light and Stevia Blend with half the calories of sugar.

In case you missed it, last week's episode will re-air at 7:00 am (ET/PT) on April 22nd. Make sure to stay tuned for Episode 10 "Almost There" to get healthy tips for dining out on Monday, April 29th at 7:30 am (ET/PT).

For more information about this episode's valued participants, please visit: www.togethercounts.com, healthyweightcommit.org, www.marenaingroup.com, www.tonyhortonkitchen.com, www.dominosugar.com/products/domino-light-sugar-and-stevia-blend

About Mission Makeover™

Now in its second season, **Mission Makeover** is a special series that chronicles the 13-week journey of three women as they set out to transform their lives. Nutrition, fitness, style and life coach experts give the women the tools and guidance they need to make significant life changes and achieve a healthier lifestyle. America's best fitness, health and nutrition brands partner with the show to further enhance the experience.

Fans ready to create their own makeover journey can go to **Mission Makeover's** robust, interactive website to find resources like "My Journey," a visual aid tool that helps track body stats, "Ask Dr. Gaby", where the life coach answers fans' questions, and "Tony's Kitchen", where the fitness guru provides menu choices that change each week. Get new tips weekly from stylists, fitness trainers and nutritionists, see the ladies' in-depth video diaries and learn about innovative products.

Mission Makeover is on a Mission to Health, come and join in! <http://www.thebalancingact.com/mission>

Media Contact:

Pam Steele-Unger

O2 Media, Inc.

pamela@o2mediainc.com

(954) 691-1102

About The Balancing Act® on Lifetime Television

Now in its 5th year, **The Balancing Act®** continues to empower women in all aspects of their lives. The mission at **The Balancing Act®** is simple -- the show strives to help today's modern woman balance it all by bringing them exceptional solutions to everyday problems. Entertaining, educational and trusted by women, viewers can tune in to America's premier morning show The Balancing Act weekday mornings

on Lifetime television at 7 am (ET/PT).