



Season Finale Reveals Transformations of Mission Makeover Ladies in Final Episode on Lifetime TV

The 13-week journey of ups and downs ends for the Mission Makeover™ ladies as they reveal the results of their hard work on Monday's Grand Finale show hosted by Julie Moran; but new life of health and wellness is just beginning

(Pompano Beach, FL - CISION – May 15, 2013) Starting off with unwanted inches, pounds, and health issues, the ladies of the Mission Makeover™ series have spent the past 13 weeks embarked on a powerful journey of a lifetime – to completely makeover their lives. With plenty of sweat and tears, zigs and zags, and veering off the path, the women worked with trainers and experts to stay on course on their health and wellness journey.

Don't miss this exciting **SEASON FINALE** and Big Reveal airing on **Monday, May 20th at 7:00 am (ET/PT)** on Lifetime Television to watch the stunning results of all their hard work -- and see if they declare "Mission Accomplished" as healthier, happier women to their coaches, trainers -- and most importantly to themselves.

After three months of tough work outs, tough love from coaches, eating habit rehab, and stretching out of their food and fitness comfort zones, there's still time to squeeze in two new ways to look and feel better before their big reveal.

In a final fitness push, **Planet Fitness** helps the Mission Makeover ladies cross the fitness finish line as Adriana Digilio from Planet Fitness guides the women through a 30-minute upper and lower body circuit training workout without hassle, and in a comfortable and non-intimidating "judgment-free zone" environment.

With a little help from ShapzMe™ shapewear, Vera Watkins from **the Marena Group** shows the ladies how to drop a dress size for a fabulous new look. The unique fabric of this compression wear helps shave inches off the waist and hips, slims their silhouettes and "smoothes everything out" says Watkins.

Tony Horton, famed celebrity P90X trainer, athlete and author gives the women some final fitness and healthy lifestyle advice, motivation and inspiration for the future, as well as a surprise gift.

Mission Makeover™, which goes beyond your typical weight loss show, is brought to you by **The Balancing Act®**, America's premier morning show for women, airing weekdays at 7:00 am (ET/PT) on Lifetime Television. This makeover show is unique in that it doesn't focus solely on pounds lost, but on helping the women change all aspects of their lives so they can become healthier.

"I feel 10 years younger and I have a lot more energy!" exclaimed contestant Blanca Varela, 47, self-proclaimed "spicy lady," mother of 5 and from a Puerto Rican family that loves food. Suffering for years from anxiety, depression and diabetes, find out if her health issues have improved.

"This season, **Mission Makeover™** truly embraced our motto of "*making over our ladies from the inside out... and the outside in*" -- and we are most proud of the fact that their journey to better health is an on-going process that didn't end with the finale of our show. As we wrap-up this season and start planning for the next, we know the ladies involved will serve as an inspiration to all those seeking to improve their health and wellness, and we hope to help even more women in the future," says Steve Berlowski, Executive VP of Production, Mission Makeover™.

The finale will chronicle the highlights and low points of each woman's personal journey, pounds and inches lost, and end with the women revealing their new selves to America. The ladies also receive surprise gifts, one from **Planet Fitness** and a tropical trip, compliments of **Celebration Cruise Lines**.

For more information about this episode's valued participants, please visit: www.marenagroup.com, www.planetfitness.com, <http://tonyhortonkitchen.com>, www.celebrationcl.com

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. <http://www.thebalancingact.com/mission>

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 on weekday mornings at 7:00 am (ET/PT) on Lifetime television. For additional information or to view a segment visit: www.thebalancingact.com

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