



## iTrain LLC Completes Shoot on The Balancing Act® airing on Lifetime TV

*Master Fitness & Yoga Trainer Buddy Macuha joins celebrity host Julie Moran as he showcases the iTRAIN workout technology for a segment slated to air later this month.*

(Pompano Beach, FL – CISION – October 4, 2013) – iTRAIN, LLC recently completed filming for the popular morning show The Balancing Act® airing on Lifetime TV. Master Fitness & Yoga Trainer Buddy Macuha joins celebrity host Julie Moran as he showcases the iTRAIN workout technology for a segment slated to air later this month.

iTRAIN is a workout technology created by a Hollywood entertainment executive and fitness trainer in 2006 that combines Music and MP-3 Technology with some of the best personal trainer workouts in the fitness industry. Macuha will give viewers tips on how to avoid extra holiday pounds, and explain the 6-week iTRAIN HOLIDAY BODY MAKEOVER™ program in detail.

"We're so excited to have iTRAIN on the show to introduce our busy Balancing Act viewers to a fitness program that they can do anytime, anywhere", says Doug Campbell, Executive VP of Programming for The Balancing Act® on Lifetime TV.

To learn more about iTRAIN fitness program, please visit: <http://www.itrain.com>.

### About The Balancing Act® on Lifetime Television

Now in its 6th 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 watch America's premier morning show The Balancing Act® weekday mornings on Lifetime television at 7 am (ET/PT).

For additional information or to view a segment visit: [www.thebalancingact.com](http://www.thebalancingact.com)

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