



The Balancing Act® on Lifetime TV Welcomes Braaap Nutrition, LLC to Season 3 of Mission Makeover™

Mission Makeover ladies will learn how Braaap's natural nutrition energy bars offer healthier choices for snacking and fueling the body on-the-go

(Pompano Beach, FL – CISION – October 7, 2013) Popular morning show The Balancing Act® on Lifetime TV welcomes Braaap Nutrition to Season 3 of the hit Mission Makeover series which follows the journey of several women during their quest for better health and wellness. The company will be featured in a segment slated to air in early 2014.

Braap Nutrition bars are made from all-natural ingredients like coconut oil and Colorado wildflower honey, and are gluten free, soy free and preservative free. Charles Dao, from Icon Sports Alliance who coaches many top athletes, will join the series to introduce the viewers and the Mission Makeover ladies to the bars and Dr. Loren Cordain, PhD. who developed The Paleo Diet, will introduce The Paleo Diet Bar(TM) which is dairy free.

Started by an athletic husband and wife team, Shauna and Todd Sledge, Braaap Nutrition Bars are distributed all over the nation.

"We're looking forward to having Braaap Nutrition on Mission Makeover to help our ladies keep up their energy by eating Braaap's nutritious and tasty bars as they go through this transformational journey," says Doug Campbell, Executive VP of Programming for The Balancing Act® on Lifetime Television.

Learn more about Braaap Nutrition, please visit: www.braaapnutrition.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, America's premier morning show The Balancing Act® airs weekday mornings on Lifetime television at 7 am (ET/PT).

For additional information or to view a segment visit: www.thebalancingact.com

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About Mission Makeover

Now in its third season, **Mission Makeover** is a special series that chronicles the 13-week journey of several 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.



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