



The Balancing Act® Talks Hollywood Secret to Holiday Body Makeover on Lifetime® TV

iTrain LLC, one of Hollywood's best kept secrets, takes center stage on October 30th Show to give viewers tips on ways to prevent packing on the holiday pounds

(Pompano Beach, FL – CISION – October 29, 2013) Popular morning show The Balancing Act® airing on Lifetime TV welcomes iTrain, one of the hottest names in celebrity fitness secrets to the show airing on Wednesday, October 30th at 7:00 a.m. (ET/PT) as part of "Move That Body" programming. Make sure to tune in as The Balancing Act hosts help jump start the day with animated conversation, lively demonstrations and trusted information to empower a woman's life.

Don't miss this featured segment taking center stage on The Balancing Act®:

- **Hollywood Secret to Holiday Body Makeover with iTRAIN LLC**

Did you know that most Americans pack on a minimum of 2 pounds between Thanksgiving and New Year's? Once the holidays are over and you get on the scale, does your Ho-ho-ho turn to no, no, no?? Don't worry – you're not alone. So how do you manage buying gifts, planning holiday meals, entertaining family and welcoming house guests and still get to the gym, eat right, maintain a positive attitude and maintain your weight? Join Master Fitness & Yoga Trainer Buddy Macuha as he shares one of Hollywood's best kept secrets – it's gotten the attention of Courtney Cox and Sara Silverman –called iTRAIN. Welcome in the New Year happy and fit by taking the "6-week iTRAIN HOLIDAY BODY MAKEOVER" program designed just for the holiday season. 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 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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