



## Host Julie Moran and Mission Makeover Contestants Make It Big in Times Square

*The Mission Makeover women start spreading the news about Season 3 with Skyscraper size coverage in Times Square, NY, NY*

(Pompano Beach, FL – CISION February 26, 2014) – If they can make it to Times Square, they can make it anywhere, so say the six woman contestants on the award-winning series Mission Makeover™ who recently made it big with their photo splashed on the huge Reuters Sign in Times Square.

**Mission Makeover**, created and produced by **O2 Media, Inc.** and airing on Lifetime® follows the powerful journey of six women who are ready to fight for the health and wellness changes they need to make in their lives—to become healthier, food-savvy, fit and fabulous. Little did they know their journey would take their images to the largest media mecca in the world, far from their Florida homes.

Viewers can get more than a digital glimpse of the women this coming Monday, March 1st at 7:30 am (ET/PT) in Episode 2 of the 13-week series as they gear up with Julie Moran to start down the right path of forming positive habits and breaking bad ones.

**Julie Moran**, former host of *Entertainment Tonight*, and host of Mission Makeover for the second time, jumps deep into the trenches right alongside the ladies to offer support, encouragement and a shoulder for their tears, or a high five for their cheers as they sometimes stumble and fall, and sometimes climb to triumph along their quest for health and wellness.

Mission Makeover isn't just about shedding pounds or achieving a slimmer silhouette. It's about completely changing lives, delving into the women's past family history, and the issues that affect what they eat, when they eat and why they eat it. It's about getting fit and getting stronger. It's about learning to take care of the mind, body and soul. It's about empowerment and finally taking control of their lives instead of life controlling them.

The six Florida women will form a tight unit as they wage their war on weight, slack muscles, late night snacking, poor food choices, and family struggles. And viewers will be on the front lines of watching the drama unfold each week as a personal trainer, nutritionist, and life coach push the ladies to the limit.

Who will make it to the Finale and Big Reveal airing on Monday, May 19th to declare "Mission Accomplished"?

While these women share their journey to Health and Fitness, viewers can join them from home via the website [www.thebalancingact.com/mission-makeover](http://www.thebalancingact.com/mission-makeover) where they can start their own journey, view behind-the-scenes action, watch the women's personal video diaries, and find motivational tips, advice and weekly recipes. Knowledge is power, and the Mission Makeover website gives women the knowledge and the power to create their own positive change.



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