



Dismissed! Episode 4 ‘Team Comes Together’ on The Balancing Act’s Mission Makeover on Lifetime TV

The mission is over for two of the ladies and the final four team is created on Mission Makeover hosted by Julie Moran

(Pompano Beach, FL- CISION – March 16, 2014) And then there were four. No one said the road to good health is easy. Tune in to find out which two women of the six were eliminated as the journey continues on Monday, March 17th at 7:00 am (ET/PT) on Mission Makeover™ on the Balancing Act® on Lifetime Television.

The fitness, nutrition and life coach experts weigh in on who is going to continue to travel the health and wellness road with the team and who is going it alone. It's a bigger spectrum than just weight loss and they make their decisions based on who's committed and who is likely to be the most successful.

The women are called into the studio and viewers experience the tears and the cheers as they find out whose mission is cut short. Tears and cheers abound, but the numbers – pounds and inches – don't lie.

As the final four regroup, they receive help from these valued sponsors:

- **Sports Authority** –Shopping Trip! Britney Frank from Sports Authority navigates the store with the ladies to outfit them with sports apparel and footwear for comfort for maximum workouts She'll showcase Nike products and in-house Aspire brand workout gear and foot apparel, Dri-Fit and more, and give advice on proper footwear for specific types of exercise. Time to toss the ratty sweats and get on some cool threads!
- **Truestar Health** – Dr. Andi returns to meet the ladies at the Pelican Grand Beach in Ft. Lauderdale, Florida to talk to them about their personal profiles they filled out on Truestar's online health resource and what Truestar can do to help each woman. Truestar has vitamins and supplements for great hair and nail growth, post exercise recovery, support for stress, energy or weight loss and more.
- **Supreme Protein** – Nutritionist and Fitness Expert Dr. Robert Wildman joins the ladies to discuss the importance of this nutrient. Learn how much protein you need daily, to help you get a lean body. Dr. Rob will also discuss the various sources of protein, including some tasty new protein bars from Supreme Protein that look like desserts and smoothies that taste like something "I have no business eating" says one of the ladies
- **Weekly Stats Powered by Sports Authority** will reveal "Are the numbers moving in the right direction?"

For more information about this episode's valued participants, please visit: <http://www.SportsAuthority.com>; <http://truestar.com/missionmakeover>; <http://www.supremeprotein.com>

About Mission Makeover™

Mission Makeover™ Season 3 is a special series that chronicles the 13-week journey of six women as they set out to transform their lives. Nutrition, fitness, and life coach experts give the women the tools and guidance they need to make significant life changes and achieve a healthier lifestyle. Season 4 will add a twist with family dynamics playing a prominent role. America's best fitness, health and nutrition brands partner with the show to further enhance the experience. www.thebalancingact.com/mission-makeover

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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



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