



## Makeover™ Ladies Sprint Towards Finish Line in Episode 12 'Beyond the Makeover' on The Balancing Act® on Lifetime TV

*The 13-week weight loss competition and wellness journey is coming to an end on Mission Makeover™ series hosted by Julie Moran*

**(Pompano Beach, FL - CISION – May 10, 2013)** The 13-week Mission Makeover series™ which has followed the health and wellness journey of three women who set out to transform their lives, is coming to an end with only a little more than a week to go to the series' Grand Finale, final weigh-ins and revealing transformations.

Make sure to tune in on Monday, May 13th at 7:30 a.m. (ET/PT) to the Mission Makeover series on The Balancing Act® on Lifetime TV to watch as the three makeover women show tears, fears and cheers as they make their final push to a strong finish in this weight loss competition and journey to better health.

Having a pow wow with experts **Adriana Martin, Dr. Gaby Cora** and **Traci Scarletta** who provided resources and guidance, evokes big emotions, reveals their biggest challenges, food stashing secrets and lessons learned throughout the three month journey. Will the ladies be able to stay on track without supervision?

Sneaking in veggies into everyday meals, engaging in activities with friends and family and bringing kids into the cooking process by letting them help shop and prepare meals are just three of the tips offered to the Makeover Trio by **Lisa Gable, President of the Healthy Weight Commitment Foundation**. Make sure to tune in to hear more about how to make small changes in lifestyle that will make a big impact and last a lifetime.

"Don't deny yourself the sweet taste you crave," says **Chef Nick Stellino** from **Domino Foods**. "Go ahead and indulge your sweet tooth" by using Domino® Sugar Light and Stevia Blend, a natural blend of pure cane sugar and a zero-calorie sweet extract from the tropical stevia plant, with half the carbs and calories of sugar.

**THE BIG REVEAL--** Stay tuned to The Balancing Act® on Monday, May 20th at 7:30 am (ET/PT) for the GRAND FINALE and last episode of the series – amazing transformations, final weigh-ins and total inches and weight loss results. You won't want to miss it!

For more information about this episode's valued participants, please visit: <http://www.healthyweightcommit.org>, [www.dominosugar.com/products/domino-light-sugar-and-stevia-blend](http://www.dominosugar.com/products/domino-light-sugar-and-stevia-blend)

### About Mission Makeover™

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

Fans ready to create their own makeover journey can go to **Mission Makeover's** robust, interactive website to find resources like "My Journey," a visual aid tool that helps track body stats, "Ask Dr. Gaby", where the life coach answers fans' questions, and "Tony's Kitchen", where the fitness guru provides menu choices that change each week. Get new tips weekly from stylists, fitness trainers and nutritionists, see the ladies' in-depth video diaries and learn about innovative products.

Mission Makeover is on a Mission to Health, come and join in! <http://www.thebalancingact.com/mission>



### About The Balancing Act® on Lifetime Television

Now in its 5th 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](http://www.thebalancingact.com)

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