

DISTRICT Z

AN ADVENTURE GAMESHOW SET IN AN APOCALYPTIC WORLD FILLED WITH ZOMBIES!

PRIMETIME | 60+ MINS | WEEKLY

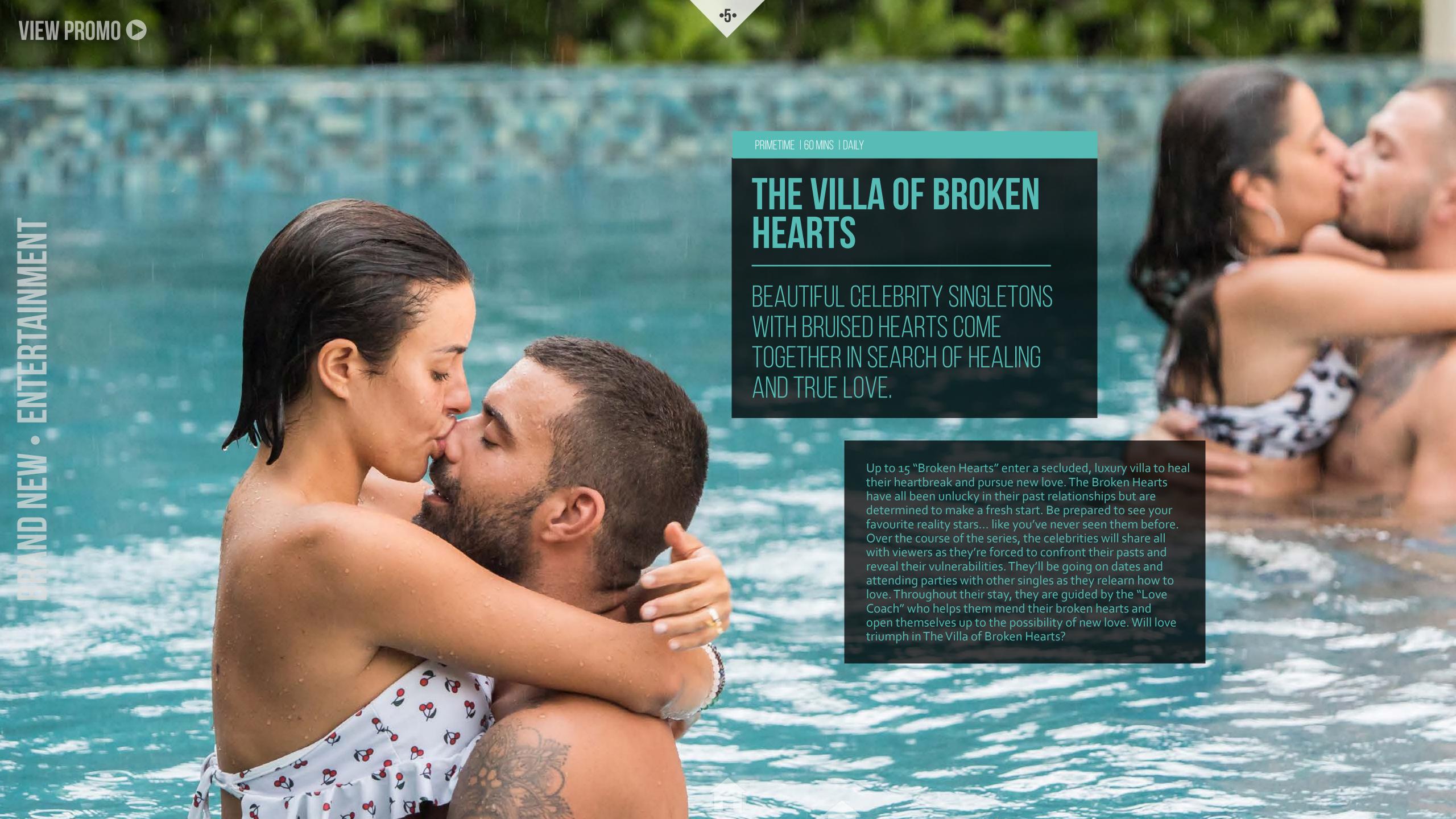
District Z is a brand new, ground-breaking, family adventure game show. The doors to District Z open at night fall. In each episode, celebrities undertake a series of impressive physical and mental challenges while facing creatures controlled by the mysterious Professor Z. The stakes are high: all night and at every turn they must work together, face their fears and keep themselves safe from the clutches of life-stealing zombies. Each win earns the celebrities keys to safes in the Professor's secret vault, some of which contain gold. In the end game, they will use their hard-won keys to raid the vault and as dawn breaks, we'll discover how much gold their bravery managed to secure for their chosen charity.



BATTLE OF THE COUPLES

CELEBRITY COUPLES PUT THEIR RELATIONSHIPS TO THE TEST IN A COMPETITION WHERE ONLY THE STRONGEST WILL WIN.

10 famous couples living in a remote, paradise villa, compete against one another in a fierce competition of strategy and strength. Some of the couples have been together for years, others have only recently fallen in love, but they all have one thing in common; they're convinced that they're made for each other and that their love is indestructible. Each couple is entrusted with a jackpot. The catch? They must survive 10 weeks, fighting against the other couples in physical and mental challenges to avoid elimination. Only one couple will make it to the end and take home the cash prize! Will their relationships survive as the cracks start to show? Can love really conquer all?





TIME IS MONEY

THE TIME-SAVING CELEBRITY LIFE HACK SHOW

Ever wished there were more hours in the day? We've got a hack for that! Time is Money brings life hacks into the studio for this primetime entertainment format. Each episode, a panel of celebrities take turns to show off their favourite life hacks. Some are silly, some could be considered dangerous, but all are designed to improve our lives. Viewers at home learn the science while the celebrities judge one another's hacks, choosing the best in show – the Star Hack. Meanwhile, in the 2nd studio, our co-host welcomes members of the public who get to share their own hacks. The celebrity panel review them and contestants with the best hacks are invited to the main studio for a chance to try their luck at the Star Hack. Having watched the celebrity, the contestants attempt to replicate the hack in the fastest time to win a prize. Time is Money is an energetic studio gameshow that guarantees to save us time in the most entertaining way possible.









WHO WANTS TO BE A MILLIONAIRE?

THE WORLD'S MOST SUCCESSFUL GAME SHOW.

It's the show that transformed the fortunes of broadcasters around the world by giving ordinary people the chance to win life-changing sums of money. Cleverly designed to pit general knowledge against human nature, Who Wants To Be A Millionaire? is the ultimate test of concentration, strategic thinking, and emotional endurance, as one contestant pushes through a series of multiple choice questions to earn increasing increments of cash. As the questions get harder and the prize money goes up, only the strong will survive as the contestant realizes that the ultimate 'Final Answer' rests on their shoulders alone. With the eyes of a nation upon them, and \$1,000,000 in prize money at stake, can they hold it together? Aired in over 120 countries and produced in over 80 languages, Who Wants To Be A Millionaire? is the ultimate evergreen brand that continues to deliver iconic entertainment around the globe.







THE DATING GAME

LOVE IS BLIND IN THE ORIGINAL DATING FORMAT.

Since its debut in 1965, *The Dating Game* remains one of the leading dating shows of all time, airing in over 25 countries and bringing countless couples and cultures together. This iconic format starts with the wall, dividing the love-struck 'picker' from three potential suitors on the other side. After some cheeky back and forth, but without getting to meet the mates, our hopeful singleton picks a partner and the divider is rolled back – will it be love at first sight, or will this match miss the mark? With a little conversation and a few leading questions, this classic mega-hit puts the fun back into dating!

PRIMETIME/ACCESS PRIMETIME | 30 - 60 MINS | DAILY/WEEKLY

WHERE WORDS AND WIT COLLIDE.

In a race against the clock, this highly addictive, phrase-driven format demands superior language skills and the ability to think visually across a giant game board – no mean feat for two teams vying to connect four 'chains' of seven words, given only the first and last word in each set. Teams comprised of spouses, co-workers and friends are often stumped, sometimes stuck, but always surprised as they learn who has what it takes to set a true Chain Reaction in motion.





GAME

THE HONEYMOON IS OVER: ARE THESE NEWLYWEDS REALLY THE PERFECT MATCH?

The wedding day was a blur, the honeymoon glow is a distant memory, and now, every day begins and ends with the same person. Welcome to married life! Welcome to The Newlywed Game. Here, three teams of recent spouses are put on the spot to earn points and prizes - with husbands and wives each asked to predict their partner's answers to a range of questions that are seemingly simple, yet loaded with comedic potential. Humorous double meanings and touchy tempers invariably emerge, keeping *The Newlywed Game* a proven audience favourite.











5 MINUTES TO A FORTUNE

A LITTLE TIME CAN CHANGE EVERYTHING...

2 contestants. 5 challenges. 5 minutes. Plus, a 15-foot-tall hourglass packed with cash towering over the action. In 5 Minutes to A Fortune, contestants must think and act with laser focus as they race to complete challenges in the allotted five minutes to win the cash – go over their time, and the iconic hourglass turns and the money starts to drain away.





#LOVE

HER LOVE LIFE IS IN YOUR HANDS.

In the age-old search for romance, you always have to be ready to take a chance. Enter #LOVE – a live, interactive dating show where contestants can change their luck, and find Mr. Right, by relying on audience recommendations via social media. It's the ultimate test of the unpredictable power of digital age matchmaking and old fashioned intuition, as the woman must decide whom to date based solely on audience reactions to three men she cannot see or hear! Will there be a #LOVE connection, or is the single life just as sweet?

PRIMETIME | 30-60 MINS | WEEKLY

50-50

IN THIS HIGH STAKES GENERAL KNOWLEDGE QUIZ, THE BIG QUESTION IS: CAN YOU TRUST YOUR TEAMMATE?

The limits of relationships are tested, and tensions run high in this all-or-nothing quiz format, as couples must not only answer rapid fire, timed rounds of 50-50 questions (answer A or B), but anticipate - or override - their partner's choices to predict and lock down final answers for a chance at the escalating cash jackpot. Will they both agree? Or will one partner go rogue and dominate?



PRIMETIME/ACCESS PRIMETIME | 30-60 MINS | WEEKLY







BROMANS

CAN A GROUP OF 21ST CENTURY LADS AND THEIR GIRLFRIENDS SURVIVE LIFE IN ANCIENT ROME?

In this hilarious 'living history' reality show, modern day lads take on the challenge of a lifetime, as they're transported back in time to ancient Rome where they'll live, train and fight like gladiators. Facing grueling physical challenges and possible elimination, they're competing to make it to the prestigious Emperor's Games, where they'll battle for victory. Supporting them along the way are the boys' girlfriends, helping their men in the quest to reach the games and competing in period-themed tasks. Who will be banished from the capital in shame? And who will survive the ancient world and impress the almighty emperor? Through blood, sweat and tears, one worthy couple will emerge triumphant to take home the Emperor's gold!





BREAKAWAY

STAY WITH THE GROUP OR TAKE A RISK TO WIN IT ALL

This is the one where the players might just get played! With six contestants moving together along a giant game track, 25 questions stand between them and a cash prize. But nearby, the 'Breakaway' lane beckons – where every question is worth four times as much money to the roque contestant who risks it all to play alone. But be careful! Forgo the safety of the group and you could just end up eliminated. Breakaway pushes the limits of team play and mental endurance, and begs the question: Do nice guys finish last?

DOODLEBUGS

WHERE CLIP SHOW MEETS SKETCH SHOW AND DRAWS A FUNNY FACE ON IT.

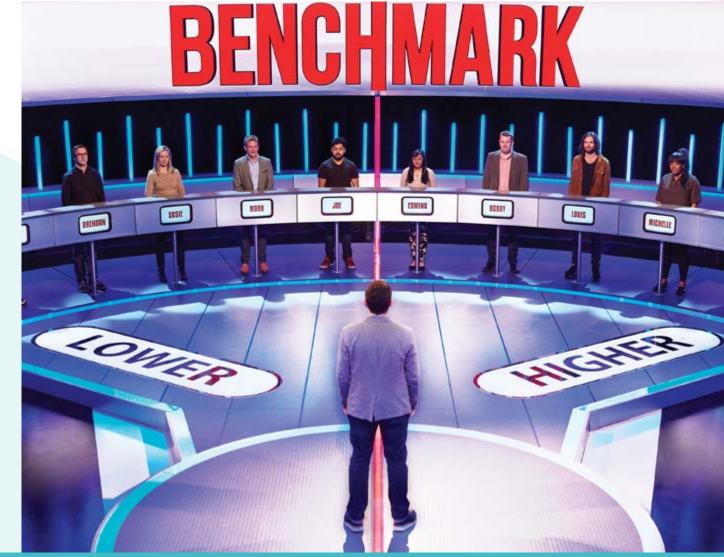
A flatulent skyscraper, a greedy lawnmower, a possessed roundabout and a vacuum cleaner that's allergic to cat hair. These are all characters in the brand new sketch show meets clip show – Doodlebugs – where we find out that everything has feelings. In each episode comedy characters are found in the unlikeliest of places – from 2 eggs sat inside a microwave to a factory production line manned by robots – with simple animation and comedy voiceover, inanimate objects come to life, turning into living, breathing, comical characters. With one-off clips and returning characters, Doodlebugs is sidesplitting entertainment that captivates audiences of all ages.

PRIMETIME/DAYTIME | 15 - 30 MINS | DAILY/WEEKLY

BENCHMARK

WHAT IS YOUR OPINION WORTH?

Simple, addictive and filled with genuine humour, Benchmark is the quiz show that gets people thinking out loud. A panel of ten 'Benchmarkers' set an average answer for offbeat, comedic questions like 'What percentage of Brits say I love you and don't mean it?' The single contestant must then decide if the correct answer is higher or lower than the benchmark that the panel has set. Benchmark supremacy requires lightning fast wit, and definitive decision making skills.



PRIMETIME/ACCESS PRIMETIME/DAYTIME | 30 - 60 MINUTES | DAILY/WEEKLY

COMEDY KNOCKOUT

COMEDIANS GO HEAD TO HEAD FOR LAUGH SUPREMACY.

Combining the creative flow of nightclub stand up, the stinging punch of a celebrity roast, and the tension of sketch theatre, Comedy Knockout delivers nonstop laughs as three of the country's best comedians compete in a series of challenges to be crowned 'The Champ'. Only the best in banter will survive as the audience rates performances and selects their winner. As one performer is crowned, one will be eliminated and one will be forced to face the crowd and apologize for their unfortunate comedy flame-out.



PRIMETIME / LATE NIGHT | 30 MINS | WEEKLY





MAN V FLY | ONE MAN. ONE FLY. ONE MINUTE TO KILL IT.



THREE OUTRAGEOUS WOMEN PLAY HILARIOUS PRANKS ON UNSUSPECTING, GULLIBLE MALES.

They're sexy, shocking and crazy. They're a comedy sensation – they are the 'nasty girls'! Three fearless, girls are equipped with all kinds of outrageous pranks to prove that men are truly the weaker sex. They may look innocent on the surface but when it comes to hidden camera capers these three comedic actresses have a wicked sense of humour. In each episode the terrible trio use their different skills to enchant, entertain and enrage, in order to spring their hilarious man-traps with lethal timing.





SPORTS JEOPARDY!

TV'S LEGENDARY QUIZ FORMAT REIMAGINED FOR SPORTS LOVERS.

Since 1974, the multi-Emmy® Award winning quiz challenge, *Jeopardy!* has thrilled global audiences, dominated share, and consistently garnered industry and critical acclaim. Now, the power and reputation of the original format has been reimagined for sports audiences of every persuasion, taking the field in a fresh, fast-paced package that offers competitors the opportunity to advance through the season for a shot at the Championship Grand Prize. It's the ultimate format for sports-loving audiences everywhere.

STAND OUT FROM THE CROWD

THE AMBUSH GAME SHOW THAT ASKS - 'WHO WILL BE THE ONE?'

In this game of surprise, a Host appears on a giant screen in a crowded, public area, asking: "Do you want to win \$100,000?" Then, in a classic TV ambush, multiple cameras burst out of hiding and live gameplay begins as one lucky contestant takes part in challenges against the clock, their journey to big money begins - either going it alone, or using the help of the crowd.



PRIMETIME/ACCESS PRIMETIME | 30 - 60 MINS | DAILY/WEEKLY



RUSSIAN ROULETTE

INSPIRED BY THE LEGENDARY GAME OF CHANCE, CONTESTANTS GET A SHOT AT SURVIVAL.

For audiences worldwide, the visual tension underscoring the gameplay in *Russian Roulette* is completely captivating and totally addictive. With five contestants taking their place on giant raised platforms arranged in a circle, each must challenge the other with a series of questions. Incorrect answers result in a pull of the 'Trigger' – a large metal lever which opens a mechanism beneath their feet. In a heart-stopping instant, will contestants fall through the floor into the unknown, or will they get another chance at survival and the cash prize?

POWER OF 10

IT'S A BIG-CASH GAME OF HIGH-LOW AS THE RESULTS OF QUIRKY NATIONAL SURVEYS ARE REVEALED.

Can contestants really guess where public opinion stands on a variety of off-beat and unusual social and pop culture issues? Do they have the skills to climb the money ladder by predicting the results of large-scale, professional polls, and score a *Power of 10* payday? With everything riding on gut instinct, contestants must correctly guess how respondents would react to intriguing, comedic and wildly offbeat questions such as: 'What percentage of Americans are afraid of circus clowns?' or 'What percentage of people think doctors drink too much?'



PRIMETIME/ACCESS PRIMETIME | 30 MINS | DAILY/WEEKLY

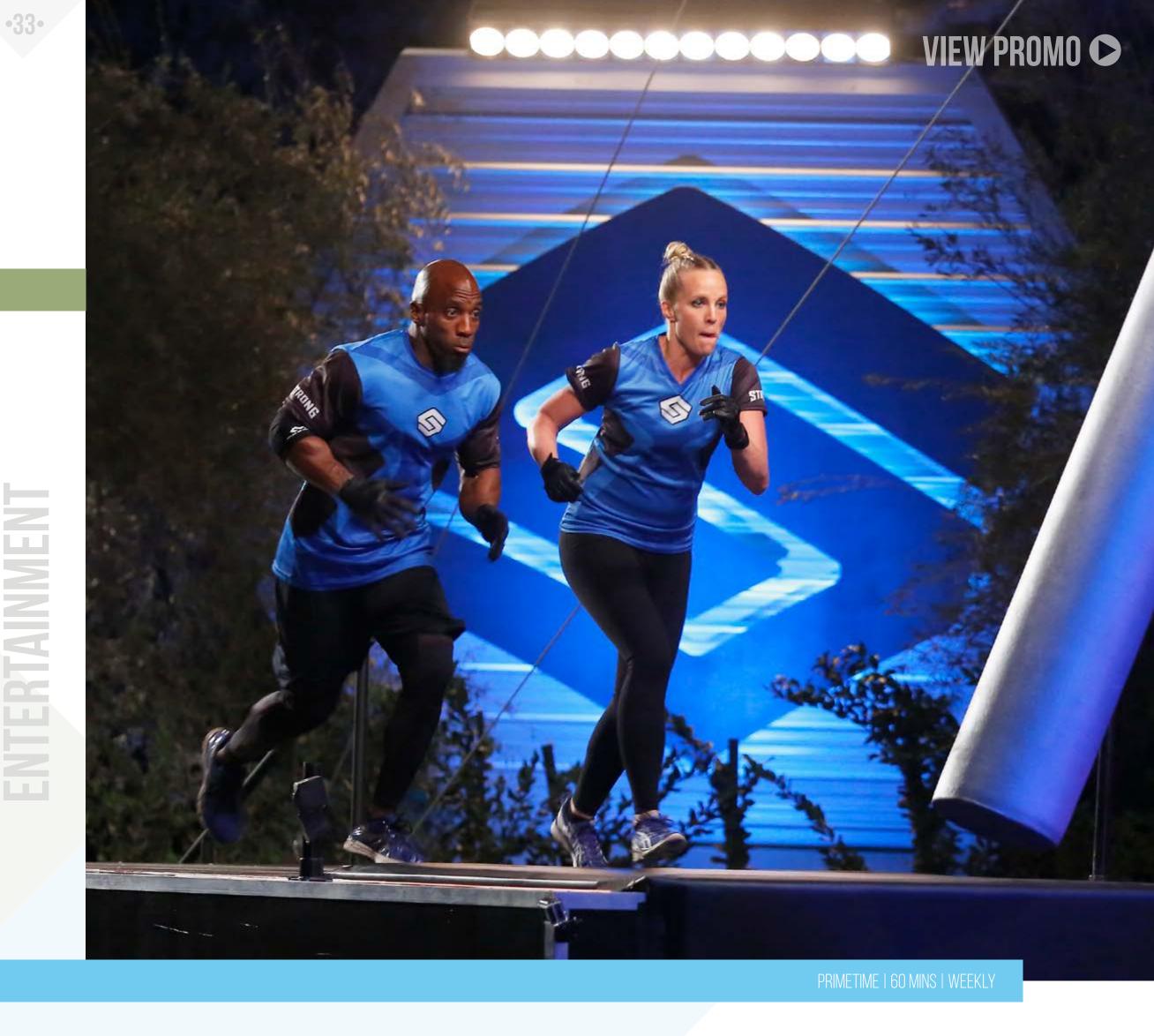


SHOWVILLE

DIRECT FROM HOMETOWN STAGES, LOCAL TALENTS BREAK BIG.

The *Showville* crew are on their way to towns and villages across the nation - discovering local talent, hidden stars, and the stories behind compelling characters from all walks of life. Singers, dancers, comedians and more take a leap of faith, braving an open-call local audition, hoping to be selected to perform in a competitive talent showcase set to take place in their hometown... in just four days. If chosen, how will these talented locals handle the pressure? Will they be able to step out of their comfort zones and work with the team of expert coaches and stylists to hone their performance and look, and prepare for a shot at a cash prize and national TV exposure? Audiences at home will cheer as they critique performances, back their favourites, and laugh along with some of the eccentric personalities they meet every week in *Showville*.





STRONG
THE ULTIMATE MIND / BODY
REVOLUTION HAS BEGUN.

Powered by the desire to inspire and help millions of women live better by transforming their physical and mental health, *Strong* has emerged as a fitness reality format unlike any other. Going beyond weight loss, *Strong* focuses on challenge-based achievement and attaining maximum personal potential, as each episode is built around ten women from diverse backgrounds, all eager for change. Divided into teams of two, each team will be partnered with an elite fitness instructor. As they train, gain support, and compete to conquer a series of challenges designed to push everyone to the limit, backstories emerge, weaknesses are revealed, and the deeper human struggle of mind, body and spirit begins.



THE SING-OFF

NEW VOCAL GROUPS RISE UP, TAKING THE WORLD BY STORM.

The worldwide love affair with a cappella groups continues, as endless diversity in range, styles, and personalities connect with fans everywhere. Now, *The Sing Off* creates an all-new forum for undiscovered talent to showcase their best vocals for a chance at the ultimate dream prize: the opportunity to sign a recording contract. Cameras capture every moment of the nail-biting, soul-stirring action. Taken to the breaking point, the competitors sing for survival - taking on unfamiliar material chosen by the judges - and rely on their artistry to master the unexpected and avoid elimination. In the electrifying live final, the remaining groups face judgement from viewer voting until the Grand Prize winner is decided.





PRIMETIME / ACCESS PRIMETIME | 30 - 60 MINS | WEEKLY

THE BIBLE CHALLENGE

A GAME SHOW OF BIBLICAL PROPORTIONS.

The Bible Challenge is a unique game show about giving rather than receiving. In each episode three teams of three people compete head to head to answer questions based on the world's best-selling book. The questions utilise current as well as historical references and are drawn from the Bible's rich, dense narrative. It's a celebratory, feel good show in which the contestants all share their compelling back stories before playing for money to help support their respective faith communities and charities.

THE ODD SQUAD

STICK TOGETHER TO BRING HOME THE BOUNTY.

Teamwork wins the day in *The Odd Squad*, where a group of strangers of all shapes and sizes trek across extreme terrain and navigate challenges engineered to test their fears, physiques and phobias. If they cross the finish line together they'll win an equal share of \$100,001 but for every one that doesn't make it, the jackpot fades away, as each team member has a bounty on their head. The fittest is worth \$1, the fattest is worth \$50,000. It's a mission of self-discovery pushing them to breaking point. Will this unlikely bunch come together and work as a group and can they bring home the bounty?



PRIMETIME | 60 - 90 MINS | DAILY / WEEKLY



THE JOKER'S WILD

THE POP CULTURE PARTY
EVERYONE WANTS TO ATTEND!

Led by a legendary entertainment host, and set in a casino complete with a gigantic slot machine and larger than life dice, *The Joker's Wild* merges pop culture and comedy to create a game show with a party atmosphere like no other. Two contestants face off over two rounds, playing the slot machine to answer questions across a variety of comical themes, earning real cash along the way. The lucky contestant with the most money advances to the bonus round, where they'll spin again, trying to avoid the dreaded "devil" and win the grand cash prize. Streetwise questions and problem solving, not just book smarts, rule the floor in this high-energy, irreverent game show format.

PRIMETIME/LATE NIGHT | 30-60 MINS | WEEKLY





THE GONG SHOW

IMPRESS THE JUDGES OR YOUR ACT MIGHT BE GOING, GOING... GONG!

Can these contestants outlast the patience of celebrity judges, make it to the end of their routine, and avoid banishment by the iconic gong? Since 1976, audiences around the world have reveled in the bizarre, the quirky and the downright ridiculous as *The Gong Show* brings to the stage the hilarious, eye-popping acts that can't be seen anywhere else. Bolstered by a star-studded panel of comedic judges, *The Gong Show* stage is a place where everyone has a shot at their moment in the spotlight, and where eternal glory is worth the risk for these adventurous, anything-goes performers.











CARE SHARE

IS INTERGENERATIONAL CARE THE WAY OF THE FUTURE?

Care Share is a heart-warming factual show that brings toddlers and the elderly together for a transformative social experiment. For three days, toddlers swap daycare for a trip to an elderly home and the chance to meet new friends at the opposite end of the age spectrum. Under the watchful eye of a team of psychologists, who have designed fun activities to bridge the generational gap and uncover common ground, we watch the two groups interact. Will the elderly re-discover old parenting and nurturing skills? Can the toddlers fast-track their development and confidence? And what can these two generations learn from each other? Through the tears and laughter, we discover that they may have more in common than we think, and 'intergenerational care' could just be the way of the future. Three days, two generations, one experience... Can the secret to good care really be as easy as one, two, three?



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INTERIOR RIVALRY

AN EYE FOR STYLE AND A HEAD FOR BUSINESS ARE KEY TO WINNING THIS HOME DESIGN CHALLENGE.

Twelve would-be interior designers compete to win a £50,000 prize package to help set up their own home staging business. Under the eagle eye of an interior design guru and guest experts, contestants work hard to transform living rooms, kitchens, gardens and finally whole houses on the tightest of budgets. The stakes are high and to stand a chance of winning they must prove they have not only first class design skills but the drive, determination and business acumen to win clients and create a new business. There will be tears, tantrums and triumphs, but only one person is good enough to win.

PRIMETIME / ACCESS PRIMETIME | 60 MINS | WEEKLY

PLAIN JANE

CAN A FRUMP-TO-FABULOUS MAKEOVER WIN THE HEART OF A SECRET CRUSH?

Life doesn't promise storybook endings, but it can't hurt to have a Celebrity Stylist Fairy Godmother to help things along, transforming everyday women into confident, polished knockouts, ready to win the hearts of their secret crushes. Each week the audiences meet a young woman who will reveal to the Fairy Godmother (and the audience at home) the identity of their secret crush who will have no idea that they are the object of affection. After motivational challenges and a head-to-toe makeover, our 'Jane' heads to a blind date with the crush so that she can declare her feelings in style. With fingers crossed, audiences will be cheering for a love connection for our newly transformed woman and the man of her dreams.

MODEL BUILDER

A SEARCH FOR THE NATION'S BEST-LOOKING BUILDER.

Building sites are probably the last place you would go to scout for modelling talent, but new reality TV series *Model Builder* does exactly that. Move over *Next Top Model*, this light-hearted and funfilled competition goes in search of sexy builders to strut their stuff on the catwalk... Our host scouts 14 of the nation's hottest builders to vie for the crown of *Model Builder*. Over the course of the series, the contestants take on both building and modelling challenges to see who succeeds both on the scaffold and the catwalk.



PRIMETIME | 30 MINS | WEEKLY

SAY NO TO THE KNIFE

AN UGLY DUCKLING CAN BECOME A BEAUTIFUL SWAN, WITHOUT A NIP OR A TUCK.

Say No To The Knife persuades those, committed to going under the knife, an alternative can be found. A psychologist and stylist follow contributors' journeys from the moment they sign up for surgery to the moment they're confronted with their new image, without having undergone a nip or tuck. With assistance of top hair, fashion and make-up artists, contestants will have their minds and looks transformed without going under the knife.



PRIMETIME/ACCESS PRIMETIME | 60 MINS | WEEKLY

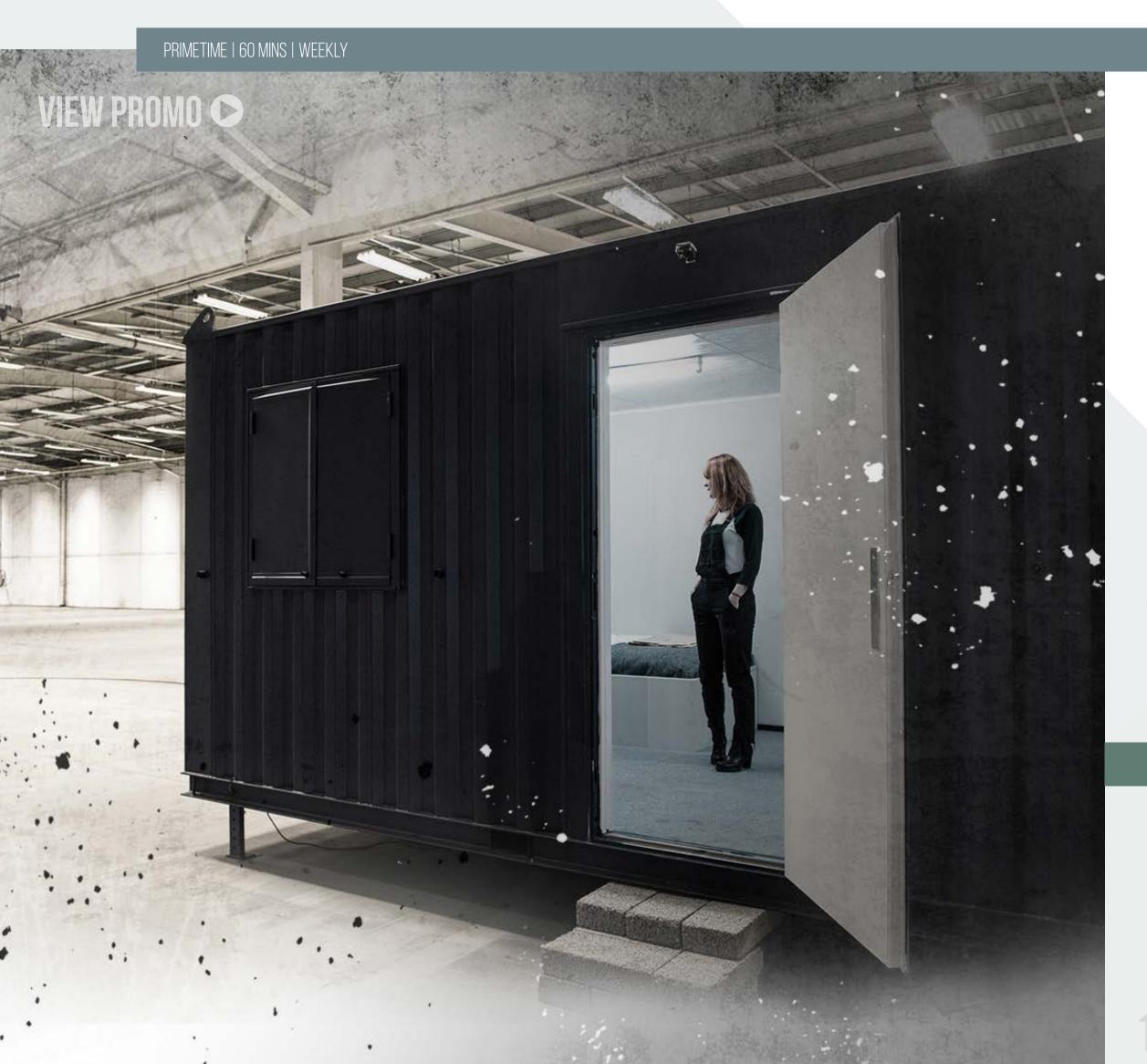


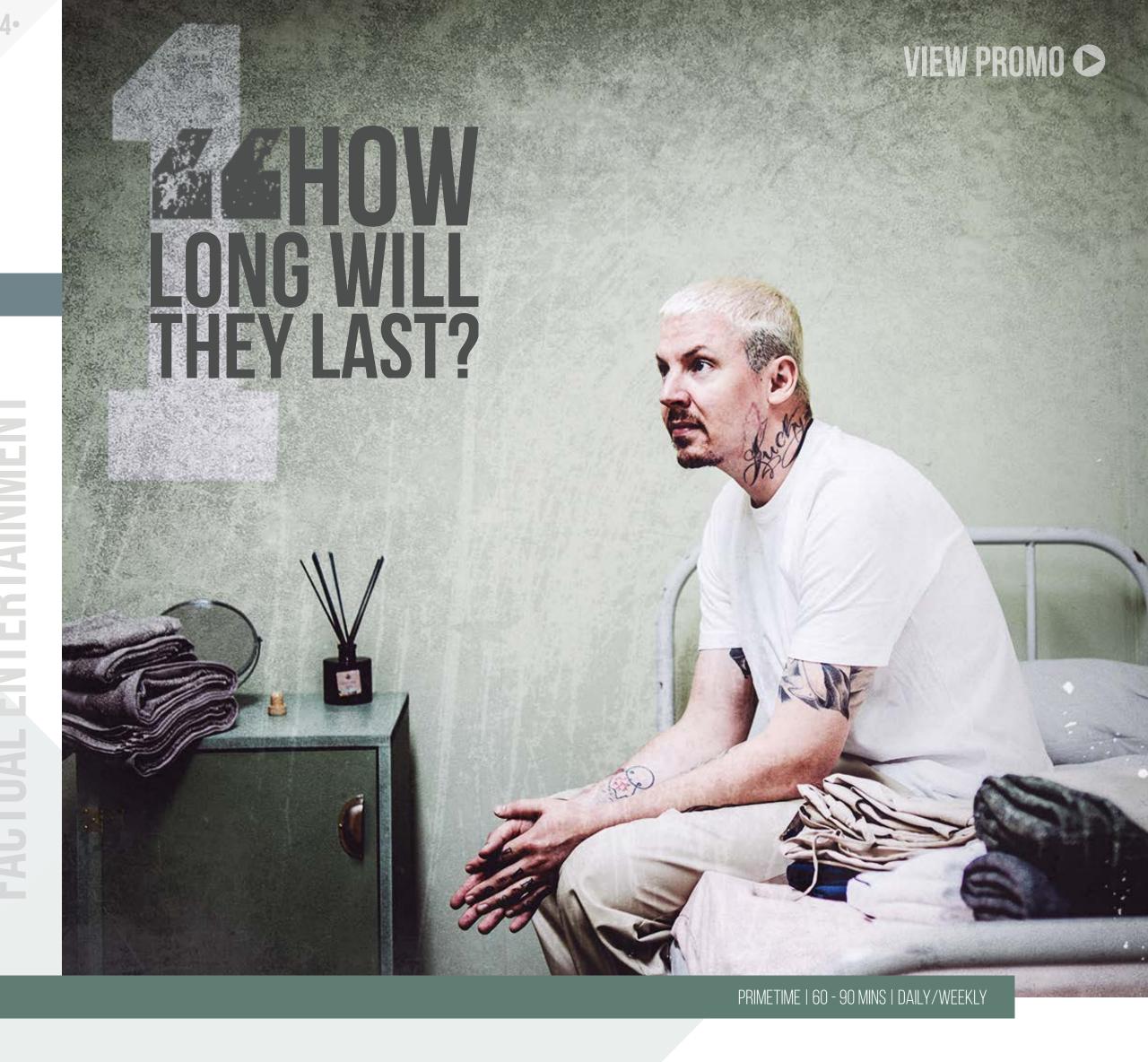
VIEW PROMOS •

IN SOLITARY: THE ANTI-SOCIAL EXPERIMENT

3 PEOPLE. 3 PODS. 5 DAYS IN TOTAL ISOLATION. HOW LONG WOULD YOU LAST?

In a world of smart phones and social media, crowded commutes and overflowing schedules, when was the last time you were truly alone? *In Solitary* is the ultimate anti-social experiment, designed to test the limits of our ability to be completely on our own. Three people from different backgrounds step into separate solitary pods, where they endure five days in total isolation. They're given everything they need to survive, but they can't have any contact with the outside world. How long will they last? Time will tell in this nail-biting format that pits us against our ultimate friend or foe: our own mind.





CELEBS IN SOLITARY

4 CELEBS. 4 PODS. 5 DAYS IN TOTAL ISOLATION. HOW LONG WILL THEY LAST?

We saw members of the public take on the hardest five days of their lives – now it's time for the Celebrity Experiment. Four celebrities volunteer to disconnect from their privileged real lives to see if they can last for five days in total isolation. How will famous people, used to persistent daily interactions with their fans, react when the followers, likes and viewers just stop? Who will crack and who will thrive under pressure? And what will they learn about themselves?

PRIMETIME/ACCESS PRIMETIME/LATE NIGHT | 30 - 60 MINS | DAILY/WEEKLY

SUPERSIZERS GO

WITH MENUS RIPPED FROM THE PAGES OF HISTORY, CAN A MODERN COUPLE EAT AND DRINK THEIR WAY THROUGH THE CENTURIES?

In this living history format, our Hosts the 'Supersizers' embark on a one-of-a-kind social experiment, revealing the cultural and physical impact of a variety of food trends throughout the ages. From the massive feasts consumed by the aristocracy, to the stomach-churning ingredients relied on by the poor, *Supersizers Go* journeys from Ancient Rome, through the middle ages, right up to the late 20th century, with our Hosts dressing, behaving and eating according to the standards of the time. *Supersizers Go* is a fascinating, and often hilarious look at the human story of status, survival, and food culture.

ACTUAL ENTERTAINME

THE BIG DECISION

THE BUSINESS KNIGHT THAT COULD SAVE THE DAY FOR A FAILING COMPANY.

A top tycoon visits three failing companies and decides whether to save any or all of them from going bust. Without his cash – and expertise – they'll all be shut down within weeks and with the bankruptcy will come painful redundancies for the staff. But the knight in shining armour is no fool, and he'll only part with his cash if the company bosses can make a compelling case to work their way out of current difficulties and build a new business from the ashes of the old one. *The Big Decision* – a dramatic tale of business life and death.

PRIMETIME | 60 - 180 MINS | WEEKLY/SPECIAL

THE BRIEFCASE

CASH VS. CONSCIENCE: WOULD YOU CHANGE SOMEONE ELSE'S LIFE OR YOUR OWN?

The Briefcase introduces us to two families in need, each are presented with a case containing \$101,000 in cash, and granted the power to make one fateful choice: Keep all the money for themselves? Keep some of it? Or give it all away to a family less fortunate? Each have 72 hours to learn about the other's circumstances and decide... BUT, each family is unaware that the other has also been given money, and faces the same difficult decision... Will goodwill and generosity prevail?



PRIMETIME/DAYTIME | 30 - 60 MINS | WEEKLY/DAILY

THE BIG ALLOTMENT CHALLENGE

AMATEUR GARDENERS COMPETE IN A CLASSIC 'GROW. MAKE. EAT.' CHALLENGE.

Dedicated amateur kitchen gardeners put their skills to the horticulture test, competing to see who can grow the best garden. Captured over one crucial growing season, this seed-to-table journey demands not only careful planning, but the good sense and nerve to master all weather conditions, oversee organic pest control, and artfully deliver the finest fruit, veg, flowers and herbs through a series of challenges. Can our teams impress the judging panel? Elimination looms after each episode, and only one pair of gardeners will emerge victorious.



PRIMETIME | 60 MINS | DAILY/WEEKLY

VIEW PROMOS •



THE DR. OZ SHOW

THE WORLD'S FAVOURITE DOCTOR IS IN.

A household name around the world, the charming and compassionate Dr. Oz is known and trusted by millions for his intelligent straight-talk style, warm personality, and dedication to promoting wellness and lifelong learning. Now those principles are brought to viewers around the world with *The Dr. Oz Show* format, which features expert and celebrity health-based interviews, immersive audience participation, and rich Q&A segments, all geared to enhance our well-being. From investigating the latest trends in nutrition, to busting myths about mental health - and everything in between - *The Dr. Oz Show* answers all your burning health questions in a fun, friendly atmosphere.





THE NATE BERKUS SHOW

LIFE BY DESIGN.

Modern American Interior Designer, Author and Lifestyle Expert, Nate Berkus first came to television as a regular guest on *The Oprah Winfrey Show*. Both the audience, and Oprah herself, were drawn to his engaging personality, natural eye for classic quality, and his inclusive philosophy on living with style in all we do - no matter how big or small the project or budget. Now, in his own series, *The Nate Berkus Show* brings these principles to life, offering inspiration, encouragement, and how-to on everything from practical home décor to improved room function and organization, as well as personal stories of discovery and empowerment.

THE WILD GOURMETS

FIVE-STAR CUISINE THAT IS COLLECTED, KILLED AND COOKED IN THE WILD.

The best things in life are free – and delicious – in this extreme cuisine format, as the ingredients for restaurant dishes are caught, killed, and collected in the wild – then cooked to perfection on the spot. An adventurer, who's an expert in survival techniques, and a chef, tour the countryside, living outdoors with no home comforts. *The Wild Gourmets* show us how 'free' food that's waiting to be found in fields, rivers and hedgerows can become a five-star feast.





TURN BACK YOUR BODY CLOCK

CAN PARTICIPANTS CHANGE THEIR UNHEALTHY WAYS AND LIVE LONGER?

Old habits die hard when it comes to chasing that elusive healthy lifestyle. But that doesn't mean it's too late! In *Turn Back Your Body Clock*, participants are given a shocking, emotional estimate of when they will die based on current lifestyle factors. It's then up to them to follow a strict life-saving regime of diet and exercise, prescribed by the nation's top medical experts, to get back on track and roll back the years.



FOR CONTACT DETAILS AND MORE INFORMATION:

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