

STUCK

SEASON
ONE





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SYNOPSIS

STUCK is a 13 x ½ hour series that follows a group of diverse women, ages 28 -52, who have decided to get 'unstuck' ... to get their lives back. For all of them, fitness goals are the immediate symbol of their desire to reclaim their lives. All have tried to go it alone, but none have seen them through. The barriers have been as diverse as the women themselves. One is a career woman who doesn't know how to squeeze a fitness routine into her packed life. One is a former athlete who "let herself go" and worries that she won't ever be in shape again. For another, it's the burden of grief from losing a sibling that she just can't shake, for another, it's about dealing with a chronic illness. One of the women is just fed up with being winded every time she climbs a flight of stairs.

All of these women share a common goal – to achieve overall fitness and wellness through a commitment to a fitness program, a healthy diet, and to also have some fun along the way. Through this experience, they women regain their confidence, energy and control over their lives. Together they learn new skills, develop teamwork and discover a healthy lifestyle that can be maintained for the rest of their lives.

DAVID YORK EXECUTIVE PRODUCER

David York has been producing high quality, entertaining and commercially successful television for 16 years. David York formed 52 Media Inc. in June 2006. The company's first shows in production were First Comes Love starring comedienne Elvira Kurt, produced with Paperny Films, for LOGO, Stuck for W Network (currently in its second season) and Air India 182 in partnership with Eurasia Motion Pictures.

Producer/writer York began his career in the mid-eighties as a production manager on performing arts and IMAX films and commercials. In 1992, he produced Mustard Bath, a feature film shot in Guyana, directed by Darrel Wasyk. In 1993, he produced Life with Billy, a television movie for the Canadian Broadcasting Corporation. Life with Billy was honoured with three Gemini Awards for Best Director, Best Actor and Best Actress the following year.

In 1996/97, York and Phyllis Brown produced the feature length documentary Gerrie and Louise, directed by Sturla Gunnarsson, about an unlikely marriage set against the opening weeks of South Africa's Truth and Reconciliation Commission. The film premiered at the Toronto Film Festival and in 1997 was awarded an International Emmy for Best Documentary. It was also awarded the Donald Brittain Award for Best Feature Documentary at the 1998 Gemini Awards.

Since then, York has produced or executive produced many long running series, including Dogs With Jobs, Birth Stories, Gene Hunters, 90 Days in Hollywood, eLove, Frontiers of Construction, and Blueprint for Disaster. These shows were commissioned by networks including CBC, Life Network, Oxygen, National Geographic Channel, Discovery Health, Discovery Channel, Discovery Networks International and Living UK and have been sold around the world.

MARIANNE KUSHMANIUK PRODUCER

Marianne Kushmaniuk has been working in all aspects of the television industry for the past 17 years. As part of the team at 52 Media Inc., Marianne co-created and produced STUCK, a docu-soap series produced for W Network Canada. Currently, Marianne is producing the second season of STUCK.

In 2007, Marianne wrote and directed two episodes of the docu-drama series PSYCHIC INVESTIGATORS for A&E Network and W Network. She also produced the hour documentary SOMETHING ABOUT MARY MAGDALENE, a film that explored the myths and mysteries surrounding the biblical figure (winner of the Chris Awards Bronze Plaque: 2007 Columbus Intl. Film & Video Festival) produced for History Channel US, Vision TV Canada and ITV UK.

In 2006, Marianne produced the two-hour documentary special TRUE VAMPIRES for Discovery Canada and Discovery UK. She was also Series Producer of THE TRUTH ABOUT THE SEXES, a five episode science series for Discovery Health U.S. and W Network Canada. In 2005, Marianne was one of a small team of Creative Producers for the CBC/TLC docu-dramatic series 72 HOURS: TRUE CRIME: Season 2. In 2004, Marianne wrote, produced and directed CRAFTY ANIMALS for Discovery International, Animal Planet and Discovery Channel Canada (Gold Plaque - Best Science/Nature Documentary, 2005 Chicago International Film Festival).

In recent years, Marianne Line-Produced PILOT SEASON for Life Network and UK Living. Marianne was Associate Producer on the mini-series URBAN WILD, THE SEXUAL CENTURY, and THE FIFTIES. These mini-series have aired on Discovery Channel, France's Tele-Images Nature, NHK, Carlton, History Television, The Disney Channel, and A&E.

In addition to her work in television, Marianne is also an internationally published freelance illustrator and has consulted on visual design and concepts for a variety of programs in Canada, the US, the UK, France and Japan.

EPISODE SYNOPSES

EPISODE 1 - THE POTLUCK

The journey towards a healthier life begins for seven diverse women. The group gets together for a potluck where they discuss the physical assessments they just had at their gyms. Their personal stories are shared and they decide to not only work out individually, but to also reunite each week to try a new sport or activity.

EPISODE 2 – KICKBOXING

It's time for the first group activity and the women have decided to try Muay Thai Kickboxing. Some find it easy while others find it difficult to keep up. They also realize that the path to a healthy lifestyle also includes a healthy diet. Nicole and Bonnie both meet with dietitians to confront their food demons.

EPISODE 3 – JIU JITSU

After having enjoyed the previous week's kickboxing class, the group decides to try another martial art: Brazilian Jiu Jitsu. The range of the abilities of the group become apparent when Nicole dives head first into the class while Bonnie gets frustrated and walks out during the warm-up. Mary gets injured in the class and meets with her dietitian who teaches her that eating is not the path to closure of her brother's death.

EPISODE 4 – HIP HOP

The women get into the groove at Hip Hop class to help them get the relief that they need from the hectic schedules. Tracy and Mary both struggle to find time to put in their personal workouts. Tracy manages to fit in her training sessions before the rehearsals of her play. Despite her husband being the director, she doesn't play the lead because she "doesn't look the part". Mary gets a new job out of town and remembers the bad memories she hopes to leave behind.

EPISODE SYNOPSES

EPISODE 5 – HIP HOP PART 2

The group comes back for more as they take a second Hip Hop class. While some of them practiced the routine, not all of them have put in the same effort. Magnolia and Maxine both find ways to relieve stress and have fun while playing and working out with their kids. Clarice's daughter confronts her mother's depression and convinces her to get out of the house more to return to be the social butterfly she once was.

EPISODE 6 – FITNESS BOOT CAMP

The women kick it up a notch and attempt a challenging Fitness Boot Camp. With scores being counted, new personality traits begin to emerge. Not all of the women are keen on the competitive nature of the latest activity, while others feel that it has shown how far they've come. Tracy meets with a life coach to see how organizing her home-life will reflect on her mind and health.

EPISODE 7 – ROCK CLIMBING

With the intention of having fun while getting fit, the group decides to take a Rock Climbing course. Some of the women have to deal with their fear of heights, and the results are surprising to the whole group. On top of her fear of climbing, Mary also deals with the haunting memory of her brother's death. To attempt closure, Mary gets a tattoo in his honor.

EPISODE 8 – YOGA

After a few challenging weeks, the group decides to take it easy by taking a Yoga class. Some are surprised by how challenging the class actually is. Tension builds when Mary tells Bonnie that she isn't comfortable around her after a comment she made about her daughter. The group is split on the matter but soon let loose to relieve the tension with a girls night out!

EPISODE SYNOPSES

EPISODE 9 – COOKING

All the women feel comfortable in their workout routines but still struggle with eating healthy. Taking a healthy Cooking Class, the group learns how to make a few simple recipes. Although easy for most of the group, Nicole still struggles with cooking the simplest of meals. Determined to learn how to cook for her fiancé, Nicole invites Magnolia and they attempt to cook a steak. The group also decides to take a spinning class that ends up being more than they can chew.

EPISODE 10 – BEACH VOLLEYBALL

It's Nicole's turn to shine when she instructs the rest of the girls how to play Beach Volleyball. Having played recreationally in her old town, Nicole teaches the girls the basics but ends up fooling around more than anything else. Tracy opens up to the group about her past and the women realize how close they have all become. Some of the women go back to kickboxing for a second try and Clarice even brings her daughter Simone to meet everyone.

EPISODE 11 – BEACH VOLLEYBALL PART 2

Although Nicole enjoyed teaching the girls a thing or two, the group decides to revisit Beach Volleyball with a proper instructor. Not all the girls are keen on how strict he is, but they do manage to get a game going. Mary and Bonnie come to terms with their differences when Bonnie spends an afternoon with Mary and her family. Later on, Nicole has a moment where she realizes just how much she needs the group.

EPISODE 12 – CONFIDENCE COURSE

The women have come a long way and have decided to take on the ultimate challenge: a military Confidence Course. Each woman goes through the course alone while the rest cheer her along from the sidelines. Pushing themselves to their physical and mental limits, they each realize how far they have come not only as individuals, but as a group.

EPISODE 13 – THE BARBEQUE

The women convene once more at Clarice's house where it all began. This time, the women are in different headspaces than they were just a few months back. They each discuss their highs and lows throughout the preceding months and look onto their brighter and healthier futures.