

STUCK

SEASON
TWO





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RELEASE • FEB. 2009, TORONTO

STUCK – a TV series embracing change and hope – springs into life for its second season on the W Network on March 4 - in time to also celebrate Women's International Day on March 8.

Over 13 weeks, the half-hour docu-soap will follow the journey of seven women from varying backgrounds, aged 23 to 52, who are all in their own way, "stuck". 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 young woman is struggling to break free of the demands of her cultural background and achieve a confident, independent life. Another participant has long held emotional issues that have adversely affected her health and diet. And the eldest woman in the group, in a familiar theme, has a life-long pattern of always putting herself – and her health – last.

"I call them The Magnificent Seven," says 52 Media producer/writer/director Marianne Kushmaniuk (Urban Wild, The Sexual Century) "Not only are they willing to commit to months of hard work, they are also taking on their health and lifestyle challenges publicly on national television. It is a big job to earn and maintain their trust, support them through their journey and make sure everyone is having a healthy and positive experience."

(continued)



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In the first episode, premiering Wednesday March 4 at 10 p.m. ET/PT, the bar is set high as the women face the grim realities of their initial fitness assessments. Teri describes herself as a slug; Farrah faces the shocking report that her body fat is at 40% and Laurie confesses to being a sugar addict. Yo-Yo diets, struggles with self confidence, negative body images and repeated disappointment are a constant in their lives.

The series features: Michelle, 31, a former aspiring fitness model and mother of two who can only dream of what she looked like five years ago; Teri, 52, who confesses to feeling old, fat and invisible and wants to reclaim her inner strength; Melanie, 32, a talented kayaker and artist – and a loner who doesn't know how to interact with people; Veronica, 23, lives at home in a traditional Chinese environment and feels she has been told she is fat all her life; Farrah, 31, is a former cheerleader who feels that when the "fat came in, the sexy went out"; Laurie, 43, who has battled such grim eating disorders as anorexia and bulimia all her life; and Chantal, 32, a social worker and mother of three, who has lost her sense of direction because she is always looking after other people.

Award-winning documentary filmmaker, Liz Marshall (Girls of Latitude) is lead director for the second series. "We are taking themes and storylines familiar to reality and lifestyle programming – but we dig far more deeply into the lives of our characters and their individual circumstances," says executive producer David York (Air India 182). "We shoot over 4 -5 months to allow for the possibility of real life change."

STUCK is produced by 52 Media in association with the W Network.

Website with background info and high res photos: www.52media.ca

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SYNOPSIS

STUCK (Season II) is a 13 x ½ hour series that follows a group of diverse women, ages 23 -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 young woman struggling to break free of the demands of her cultural background and achieve a confident, independent life. Another is a former fitness model and mother of two who fears that she has "let herself go" and worries that she won't ever be in shape again. For another, it's about overcoming a history of eating disorders. One of the women has long held emotional issues that have affected her health and diet in very negative ways. And for the eldest woman in the group, it's all about being fed up with a life long pattern of always putting herself – and her health – last.

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.

EPISODE SYNOPSIS

EPISODE 1 • GETTING STARTED MARCH 4, 10 PM

The women have had some devastating physical assessments. Teri says she feels like a slug. Farrah's assessment shows 40% body fat. Veronica has been told all her life she is fat. A kick-off dinner is the place for the women to share their angst and compare notes on how to move forward. Physical fitness is secondary to getting to a better place in their lives.

EPISODE 2 • FOOD AND A BOXING CLASS MARCH 11, 10 PM

The women confront their food demons, getting some tips from the pro's on how to eat more healthily. Things get serious in the gym, too, as the women get into the ring with a boxing instructor. As well as the unusual exercise, Teri gets to work off some of her anger on a punching bag – as well as the instructor.

EPISODE 3 • BRINGIN' IT ALL HOME AND SOCCER MARCH 18, 10 PM

The women have fun playing as a team. The support of the group is an important milestone in its moving forward. But away from the group, many feel they are still on their own. While Melanie struggles to overcome the ghosts of her past, Veronica manages to confront her trainer about his methods.

EPISODE 4 • SEXY BODY AND BELLY DANCING MARCH 25, 10 PM

A belly dance class stirs up the women's thoughts and feelings about their bodies, revealing the insecurities and frustrations shared by all of them. The dance class triggers memories for Laurie of earlier days when she was comfortable and confident in her own skin – and smaller- sized clothes. Farrah and her wife Kim celebrate the anniversary of their marriage with matching tattoos.

EPISODE SYNOPSIS

EPISODE 5 • IMPROV CLASS APRIL 1, 10 PM

Melanie takes a new role in the group – that of leader. While reluctant to try it at first, the women actually get into and enjoy an improv class. Teri and Laurie share an inspiring sense of progress with their journeys. Melanie seeks some counselling for her allergies and Veronica revisits her childhood dance studio to confront a controlling person from her past.

EPISODE 6 • GYMNASTICS APRIL 8, 10 PM

The women return to the scene of many a bad memory – the gymnasium. Together, they try a circuit of basic gymnastic exercises, having a lot more fun than they thought they would. They also re-visit their assessments, to get a sense of who has made progress, who has not and what the game plan is from here forward.

EPISODE 7 • TRAMPOLINE APRIL 15, 10 PM

The women mix some play into their work with a group trampoline class. They are surprised to find they have some real fun. It is also good timing, as Teri and Chantal each share some shocking - and life changing - news with the group.

EPISODE 8 • ROCK CLIMBING APRIL 22, 10 PM

The group decides it's time to face some fears and test their limits – and they do it at a rock climbing gym. The encouragement of the others is crucial to Teri's success on the wall. Melanie continues the trend of making big changes in her life, taking major steps to deal with her troubled past.

EPISODE 9 • YOGA APRIL 29, 10 PM

The women decide to try a yoga class, as part of their quest to bring together their bodies and minds and find balance in their lives. They continue to draw strength from each other and Laurie faces a major turning point in her life. The risks taken by some are motivating others to move forward.

EPISODE SYNOPSIS

EPISODE 10 • MIXED MARTIAL ARTS MAY 6, 10 PM

Inspired by their success so far, the women try some new things that four months ago they never would have considered. Life changes continue too, as Farrah and Teri bring their families deeper into their journeys.

EPISODE 11 • FOOTBALL MAY 13, 10 PM

It's time for one of the most fun activities yet. This week, the women learn football skills – and even play a modified game – with two members of the Toronto Argos. Watch Teri make a “touch-down”! After the hard work, the group decides to reward themselves with a girl's night out and, in an evening of bonding, really let their hair down!

EPISODE 12 • FIRE FIGHTING SCHOOL MAY 20, 10 PM

The women put the power of the group to the test at a fire-fighting course, running up five storeys and dealing with a burning car. They've become a close-knit team and it shows – both on the course and in their lives. Some of the women celebrate significant milestones in their journey, giving others that extra bit of inspiration to face their final fears.

EPISODE 13 • THE JOURNEY SO FAR MAY 27, 10 PM

The women get together for a celebratory dinner and take stock of how far each of them has come in the past few months. They reflect upon the changes in their lives, their bodies and their relationships. Together, the group moves forward in happier, healthier lives than they could not have imagined in the beginning.

PLEASE NOTE: TIME & DATE OF BROADCAST MAY BE SUBJECT TO CHANGE

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.