

# STUCK



**Seven Women  
One Group  
One Goal**

13 x 30 minute HD Lifestyle Series

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 been successful.

The barriers have been as diverse as the women themselves. Tracy is a career woman who doesn't know how to squeeze a fitness routine into her packed life. Nicole is a former athlete who "let herself go" and worries that she won't ever be in shape again. For Mary, it's the burden of grief from losing a sibling that she just can't shake. For Bonnie, it's about dealing with a chronic illness. Clarice is just fed up with being winded every time she climbs a flight of stairs.



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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, the 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.

13 x 30 HD lifestyle produced by:

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