



I Want To Save Your Life

8 X 30 MINUTES

EPISODIC BREAKDOWN

1. Sussy

The pressure of being a single mom has Sussy turning to food for comfort and has sent her life-long dream of being a singer to the back burner. Her weight and lack of self-esteem have become an alarming problem and she knows she needs some help. With a surprise visit from a high profile dance instructor, an inspirational art lesson, and a healthy dose of exercise, The Diet Detective teaches Sussy how to keep her spotlight shining bright.

2. Jennifer

Jennifer has a seemingly perfect life: a loving husband, a successful business, a beautiful home and three healthy kids. But instead of being happy, she “feels like the fat girl who lucked out.” Each month she consumes tens of thousands of calories in sweets alone. Her behaviour is out of control and it’s time for the Diet Detective to intervene.

3. Shari

Shari is well on her way to becoming a world-renowned sculptor. Her work has already been featured around the globe, and she is in the final stretch of her graduate degree with the biggest show of her career mere months away. But over the past five years, Shari has doubled in size – her binge eating padded the stress of grad school. But the Diet Detective will teach her to sculpt herself back to health.

4. Micah

Charming and funny, Micah was born to be on stage. From stand-up comedy to heading up a rock and roll band, fame and success are knocking on his doorstep. But a troubled past has blocked Micah – on the surface he’s a laugh a minute, but it’s only to compensate for weighing 400 pounds. From man boobs to drive-throughs, this special episode has the Diet Detective reaching deep with jaw-dropping results.

5. Diana and Juan

Diana and Juan are all set: they’ve got great kids, great careers – but their two hearts aren’t so great. Battling a family history of heart disease, these high school sweethearts are stopped dead

in their tracks with some serious medical news from the Diet Detective. Can this responsible couple take charge of their health and secure their healthy future for the kids?

6. Mindy

Mindy spends her days defending helpless victims of abuse as a non-profit attorney. The stress of her job has only made her battle with obesity worse. Desperately fearful of rejection, she is aching to find love and a partner for life. From eating blindfolded to braving a fierce kayak workout, the Diet Detective steps in and teaches Mindy how to balance saving the world with saving herself.

7. Caro

Caro is an energetic, passionate and talented young filmmaker. But she can't get off the couch to start living her life. The Diet Detective hurls her into a whirlwind of activity, fishing out her deep-seeded anxiety with a life-changing snorkelling lesson. She comes to the surface with a hard military training session, and a mean game of kick ball teaches her how to score.

8. Stephanie

Stephanie dishes up gourmet all day long. Her constant access to food has resulted in days full of nibbling, topped off by late night take-aways. Even though she's 25, this sassy lady is still living life like a kid. The Diet Detective has to break a career full of bad habits and bust through a lifetime of poor choices to help Stephanie graduate into adulthood.