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TLC WEIGHS IN WITH NEW SPECIAL “HOW I LOST 100 LBS”

“How I Lost 100 lbs” Premieres on August 6 at 10 PM ET/PT

On Friday, August 6, TLC invites viewers to get into shape with the premiere of **HOW I LOST 100 LBS at 10 PM ET/PT**. This new one-hour special follows five people as they battle obesity on their own terms – each relying on unique methods to lose the weight. From exercise and healthy diets to gastric band surgery, HOW I LOST 100 LBS features true stories showcasing astonishing weight loss.

Jennifer, 26, has tried traditional diets and exercise but can’t seem to control herself around food. Pushing 240 pounds, she decides to undergo gastric band surgery and transforms from a size 20 to a size 8. Unfortunately, she soon discovers that losing the weight is only half the battle. Jennifer is left with extensive stretch marks and more than four pounds of loose, sagging skin around her stomach, back, buttocks and thighs.

High school sweethearts Charise, 33 and Daniel, 35, are in desperate need of a life change. On their wedding day, they had a combined weight of almost 600 pounds. The young couple was so overweight they refused to display their wedding photos. With their anniversary quickly approaching, they decide to go on a drastic diet, renew their vows and finally have the wedding portrait they always dreamed of. Now, skinner and healthier than ever, Charise and Daniel Proctor are able to rekindle a dying flame and create new lasting memories.

Averaging 1,000 calories per meal, Debby, 49, was a pre-diabetic teetering at 240 pounds. A life or death decision forced her to completely change her lifestyle. She started with 30 second jogs and eventually competed in both the Chicago and New York City marathons. Despite the slow and steady weight loss, the damage to her body was extensive and she undergoes extreme surgery to tighten and lift her excess skin revealing an amazing body.

In high school, Erica found comfort in food. She didn’t have any friends and ate alone in the bathroom. By the time she gave birth to her first son, she weighed over 240 pounds. A body building magazine sparked interest to change her eating habits and lifestyle. Erica designed an intense workout routine and over the next 16 months transforms from a shy overweight mother into a self-disciplined body-builder.

HOW I LOST 100 LBS is produced by KAOS Entertainment for TLC.

About TLC

TLC's innovative docu-series and reality-based programming include favorites *Jon & Kate Plus 8*, *Little People*, *Big World*, *What Not to Wear*, *19 Kids and Counting*, *Say Yes to the Dress*, and *LA Ink*. TLC added to its menu of programming with *Cake Boss*, and continues to expand into the food genre. TLC's daytime lineup includes the Emmy Award-winning *A Baby Story*. The channel is available in more than 98 million homes in the US, nearly 8 million homes in Canada and through the website at www.tlc.com. TLC is part of Discovery Communications (NASDAQ: DISCA, DISCB, DISCK), the world's number one nonfiction media company reaching more than 1.5 billion cumulative subscribers in over 170 countries.

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