



**FOR IMMEDIATE RELEASE**  
December 4, 2019

**CONTACT:**  
Jill Carmen, 805-376-1962  
[jillcarmenpr@gmail.com](mailto:jillcarmenpr@gmail.com)

**TLC KICKS OFF THE NEW YEAR WITH '1000-LB SISTERS,' ALL-NEW DOCUSERIES CAPTURING THE WEIGHT LOSS JOURNEY OF HILARIOUS YOUTUBERS THE SLATON SISTERS PREMIERES JANUARY 1**

(New York) — Amy and Tammy Slaton, spunky sisters from Kentucky, have candidly shared their lives, weight struggles and larger-than-life personalities with their YouTube fans. Now, tipping the scales at over 1000 pounds combined, TLC will follow The Slaton Sisters through their biggest endeavor yet: losing enough weight to qualify for and undergo life-changing bariatric surgery and pursue their dreams. The six-part series, called **1000-LB SISTERS**, premieres **January 1 at 10 PM ET/PT**.

In **1000-LB SISTERS**, TLC follows younger sister Amy, age 31, who wants to start a family with her new husband but is having trouble getting pregnant due to her weight and health issues. At 32, Tammy needs help with everyday tasks and had to move in with the newlyweds after her last hospital stay. She dreams of moving out of Amy's house so that she can live independently and find a love interest. But at 406 and 605 lbs. respectively, Amy and Tammy will have to lose weight before they can get approved for the surgery they hope will change their lives.

The docuseries will follow them every step of the way, from appointments with their doctor and navigating the relatable challenges of eating healthier and moving more, to finding out if they qualify for surgery and having the procedure if they do. Whether it's sampling exercise equipment like thigh masters and shake weights or cutting back on unusual culinary treats they enjoy creating like "dressed bananas" (bananas dipped in Miracle Whip dressing and rolled in chopped peanuts), the sisters learn and laugh as they try to embrace a healthy lifestyle.

Tammy's limited mobility forces her to rely on Amy more than she'd like to, adding to the tension that already exists just from living under the same roof. She hasn't left home in six years except for medical attention, and the isolation has taken a toll on both of them. Longing to connect with people, the sisters created a YouTube channel where they post funny videos and document their lives. But behind all their jokes and wacky humor, the sisters know they have to get serious about weight loss – or the consequences could be life-threatening.

Viewers will get a front-row seat to their emotional rollercoaster ride, from the highs and lows to challenges that alternately test the strength of their bond and bring them closer together. All of it will be captured through the lens of their big, lovable personalities and unique brand of "funny" in this captivating series full of heart and humor.

The series premiere of 1000-LB SISTERS will be available on TLC Go on December 20. Join the 1000-LB SISTERS conversation on social media by using the hashtag #1000lbSisters. Follow TLC on [Twitter](#) and [Instagram](#) and 'Like' us on [Facebook](#) for more updates.

The series 1000-LB SISTERS is produced by Crazy Legs Productions for TLC.

### **ABOUT TLC**

Offering remarkable real-life stories without judgment, TLC shares everyday heart, humor, hope, and human connection with programming genres that include fascinating families, heartwarming transformations and life's milestone moments. TLC is a top 10 network across key female demos.

TLC is a global brand available in more than 85 million homes in the US and 279 million households around the world. Viewers can enjoy their favorite shows anytime, anywhere through TLC GO – the network's TVE offering featuring live and on demand access to complete seasons. A destination online, [TLC.com](#) offers in-depth fan sites and exclusive original video content. Fans can also interact with TLC on Facebook, Instagram, Twitter, Snapchat and Pinterest. TLC is part of Discovery (NASDAQ: DISCA, DISCB, DISCK), reaching 3 billion cumulative viewers in more than 220 countries and territories to satisfy curiosity and captivate superfans with a portfolio of premium nonfiction, lifestyle, sports and kids content brands.