



X-WEIGHTED



PICTURE BOX
DISTRIBUTION INC.

52 x 1 hour. Documentary Series.

ANAID
PRODUCTIONS
WWW.ANAID.COM



X-WEIGHTED

X-Weighted is a series of 52, one-hour documentaries about ordinary people each waging their personal war on fat. Carrying between 40 to 150 extra pounds each, they run, climb, pump, bike and dance their way to healthier weights, during periods of four to six months. X-Weighted records all the plans and pitfalls, gripes and grit that go hand-in-hand with achieving this often-exasperating goal. The emphasis is on the underlying causes and on-going triggers for excess weight as these frank but feisty people grapple with their personal flaws, emotional baggage and suppressed conflicts. Each episode follows a twosome or individual on their multi-faceted journey from fat to fit.

X-Weighted includes guidance served up by experts in fitness, nutrition and life management. Fitness Expert, Paul Plakas advises on exercise and nutrition to all the participants. And self-esteem expert Fred Connors, provides self-confidence support and image advice.



PICTURE BOX
DISTRIBUTION INC.

Kate Sanagan

The Americas, France
1-416-461-8209
kate@picturebox.ca

Marilyn Kynaston

Europe, Middle East, Africa
1-604-681-3174
marilyn@picturebox.ca

Camilla Hansen

Australasia
1-416-461-8209
camilla@picturebox.ca

Nicolle and Angela- Two female radio DJs whose wise-cracking public personas mask poignant emotions

Naomi- An accomplished former athlete whose self-esteem is withering as she measures herself daily against her pencil-thin sister

Sarah- A lively theatre production manager who is grieving the recent death of her best friend with excess food and drink

Heather- A yo-yo dieter who desperately needs to resolve her poor relationship with food for the sake of her impressionable young daughter

Jocelyn- A once rake-thin career gal whose three-hour round trip to and from work is fuelled by drive-thru visits

Kendra- A lonely young wife and mother of three who binge eats to take the edge off her marital stress

Diane- An overweight fitness instructor partying hearty in her search for Mr. Right

Jannette- A 305-pound motivational speaker whose weight is destroying her health and her professional credibility

Amy- A survivor of stomach-stapling and an abusive past who longs to renew her wedding vows in a proper wedding dress many sizes smaller than the original one

Angela J- A vivacious marketing student who's torn between craving a bikini-worthy body and rejecting the mass media's unrealistic standards of beauty

Jeremy- The sole male participant - a film business caterer thwarted by the high-cal food surrounding him and the alcohol that invariably rewards his 18-hour workdays

Michelle- A stressed-out home-therapist coping with both her severely autistic son and a family of five that relies on her as the sole breadwinner

Jill- A fashion industry go-getter nearing 50, whose once-terrific body has been sacrificed to a punishing work schedule

