

Michael Mosley fronts new season *What's Your Body Hiding?*

- *A fascinating season of programmes on BBC Knowledge this October. Get to know your body inside out.*
- *Michael Mosley, popular BBC presenter and co-author of *The Fast Diet* to be the face of the season, travelling to Australia in September.*

This October, BBC Knowledge lifts the lid on the true state of our health with a special month of programmes that will open our eyes about food, health and wellbeing. Are you really as healthy as you think you are?

Popular BBC presenter, medical journalist and 'self-experimenter' Michael Mosley will front the season, offering on-air commentary throughout the month with insights into health and the human body. He will arrive in Sydney on Monday September 16 to launch the season.

Michael Mosley has put his body on the line in the name of science and has investigated some revolutionary ideas surrounding health and fitness. He originally trained to be a doctor, and has presented a range of science-based BBC documentaries over the years, many focused around health and the human body. He frequently uses himself as a guinea pig and has experienced firsthand the benefits of intermittent fasting (co-authoring the internationally bestselling book *The Fast Diet*) and explored new research and ideas around how we react to exercise.

Programmes to feature in the *What's Your Body Hiding?* season include the cautionary *The Men Who Made Us Fat*, *Supermarket Sleuth* (both Australian premieres), *India's Supersize Kids* and *Junk Food Mums* as well as Mosley's popular titles *The Truth About Exercise*, *Eat, Fast & Live Longer* and *Guts*.

Tim Christlieb, Head of Programming and Production for BBC Worldwide Australia & New Zealand, comments "We are thrilled to have Michael Mosley on board as the face of the *What's Your Body Hiding?* season, his programmes on health have changed the way many of us think about diet and exercise. BBC Knowledge viewers are in for a month of eye-opening documentaries that explore some groundbreaking new ideas and research around food, diet and exercise. Health and obesity are big issues for the western world today and this season highlights some of the causes of these issues and potential solutions."

What's Your Body Hiding? season screens Sundays, Mondays and Tuesdays at 9.30pm from October 6, on BBC Knowledge.

ENDS.

For interview opportunities with Michael Mosley, please contact
Nicole Hurren on 02 9744 4551, 0477 349 947
nicole.hurren@bbc.com

Images and synopses are available to download from the BBC Worldwide Media Site:
www.bbcmedia.com.au

***What's Your Body Hiding?* season programming line-up**

The Men Who Made Us Fat (PG)

First on Foxtel

Sundays at 9:30pm from October 6

Journalist Jacques Peretti explores the profitable ways eating habits have been revolutionised over the last 40 years, leading to rising obesity levels. (3 x 60')

Supermarket Sleuth (PG)

First on Foxtel

Sundays at 9:30pm from October 27

Cherry Healey discovers how the food we put in our shopping baskets every week could hold the answer to our worries about weight and hang ups about health. (2 x 60')

Junk Food Mums (PG)

Monday October 7 at 9:30pm

Some parents see nothing wrong in keeping their children happy with junk food. But are they setting them up for major health problems? (1 x 60')

The Truth About Exercise (PG)

Tuesday October 8 at 9:30pm

Scientists are uncovering the new and surprising truths about what exercise is really doing to our bodies, and why we all respond to it differently. In this programme, Michael Mosley uses himself as a human guinea pig to discover the truth about exercise. (1 x 60')

Eat, Fast and Live Longer (PG)

Tuesday October 15 at 9:30pm

Michael Mosley has set himself a truly ambitious goal: he wants to live longer, stay younger and lose weight. And he wants to make as few changes to his life as possible along the way. Could the ancient idea of fasting hold the secrets to a longer, healthier life? (1 x 50')

India's Supersize Kids (PG)

Monday October 14 at 9:30pm

Anita Rani explores the crisis of obesity unfolding in India. As the country's economy grows and a new middle class emerges, the national waistline is swelling too. Those at greatest risk are India's children. (1 x 50')

Jimmy and the Giant Supermarket (M)

Mondays at 9:30pm from October 21

Can meat be cheap and ethical? Jimmy Doherty goes inside Britain's biggest supermarket to come up with innovative ideas to produce equally cheap but higher-welfare alternatives to their best selling meat products. (3 x 60')

Guts (PG)

Tuesday October 22 at 9:30pm

You may be pretty familiar with what you look like from the outside, but in this programme Michael Mosley gets up close and personal with his own digestive system to reveal what we look like inside. *Guts* uncovers the secret life of our digestive tract in an eye-opening and detailed exploration of a part of the body we normally never get to see. (1 x 50')

NOTES TO EDITORS

About BBC Worldwide Australia & New Zealand

Australia & New Zealand is a priority territory for BBC Worldwide, focusing on growth across all its core businesses. In 2011/12, BBC Worldwide Australia & New Zealand (ANZ) increased revenue by 9% on the previous year, generating AUS\$140m. Based in Macquarie Park, Sydney, BBC Worldwide ANZ wholly owns five channels; UKTV, BBC Knowledge and CBeebies in Australia; UKTV and BBC Knowledge in New Zealand; and is responsible for the distribution and promotion of BBC World News which transmits in both countries. It has announced that it will launch a new premium BBC channel showcasing premiere drama and comedy on the Foxtel platform in August 2014. BBC Worldwide ANZ distributes great British content from the BBC and other producers to all free-to-air and most subscription channels in Australia and New Zealand. It works with partners to bring BBC Worldwide DVDs, magazines, digital apps, innovative products and live events to the local market, as well as offering advertising opportunities for the BBC's world renowned bbc.com news site and lonelyplanet.com. Australia is the most successful territory for the global BBC iPlayer.

bbcworldwide.com

twitter.com/bbcwpress

About Foxtel

Foxtel is one of Australia's most progressive and dynamic media companies, directly employing around 2,500 people, and delivering a diverse subscription television service to both regional and metropolitan areas over cable, satellite and broadband distribution. We offer a better entertainment experience every day to each one of our 2.3 million subscribing homes through delivery of exclusive and inspiring programming across all genres, the world's most popular channel brands, and investment in high quality local content. As constant champions of innovation we have brought customers the iQ personal digital recorder, Australia's largest HD offering, Foxtel 3D, and more recently, the Foxtel Go App for iPad. Foxtel is owned by Telstra Corporation Limited ACN 051 775 556 (50%) and The News Corporation Ltd (50%). foxtel.com.au

The Foxtel logo is displayed in a bold, sans-serif font. The letters are filled with a gradient of colors, transitioning from a bright orange on the left to a deep red on the right. The logo is positioned in the lower-left quadrant of the page.