

# happy body series

Get the most out  
of life, every day!



LIFESTYLE & ENTERTAINMENT 30 x 6-8' HD



ABC

Australian Broadcasting Corporation

Commercial

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The *Happy Body Series* was developed by physiotherapist Anna-Louise Bouvier, in response to years of dealing with clients' achy bodies and wonky backs. Most people could fix their issues if they understood why the body breaks down in the first place, and use simple everyday strategies to avoid recurring problems.

The *Happy Body Series* is a visually engaging, innovative, and medically based series of 6-8 min clips on a variety of topics which show how to take the load off your body and your brain.

The series is made up of five core titles: **Fabulous 40s and 50s**, **Sensational 60s and 70s**, **Slumpy Kids**, **At Your Desk**, and **Tips for Travel**. Each title includes six episodes, designed to be watched either as stand alone programs or in a group. The first three titles specifically target women, while **At Your Desk** and **Tips for Travel** address many of the Occupational and Health issues facing employees and employers who work in sedentary environments.

The solutions are quick, don't require equipment, are visually easy to understand and cover many aspects of daily life. Whether you are worried that you're wobbling, nervous that you're creaking, sick of looking at your slumpy kids, tired of aching at your desk, or frustrated with trying to get comfortable when you travel, there is an episode to appeal to and interest everyone.

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LIFESTYLE & ENTERTAINMENT

**HD** 30 x 6-8'

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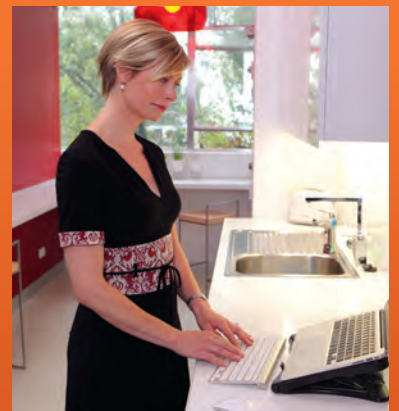
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FLICKERING FILMS



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