



# ohm:tv

OPEN YOUR EYES : OPEN YOUR MIND

## Nature Diet

Ten overweight teenagers between 14 and 18 years of age and weighing over 180 pounds, embark on a journey that will change their lives. Together with three trekking-experts and an expedition doctor, these ambitious teenagers set out on a three week march across Lapland, 150 kilometers through the Swedish, Fjäll, trying to lose weight the extreme way.

From the first day of medical checks to the moment they say goodbye to their parents and as they start their journey through Lapland, two camera teams will track the participants' every move.



### Fact BOX

Format	6 x One Hour
Target Group	Family
Category	Reality, Docu-Soap
Time Slot	Prime Time
Creator	blue eyes Films & Television
Availability	Different Territories