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DISCOVERY FIT & HEALTH ANNOUNCES SLATE
FOR 2012-13 UPFRONT

(New York, NY) As the fastest growing cable network in 1Q12, Discovery Fit & Health continues its upward momentum by unveiling new series and top performing original series returning to the network heading into the 2012-2013 Upfront season. In 1Q12, the network's strongest quarter to date, Discovery Fit & Health produced six out of the top ten highest-rated telecasts in its history and will leverage that success by introducing fresh content and bringing back strong established franchises.

"Discovery Fit & Health delivers programming about real life moments that represent milestones in a person's life," says Rita Mullin, senior vice president content strategy, Discovery Fit & Health. "Viewers look to the network for real stories about families, transformation and medicine, and our programming connects with them because it shares relatable and authentic defining moments."

In two new series, **HIGH SCHOOL MOMS** and **IF THEY WERE MY KIDS**, Discovery Fit & Health will tap into the intricate life of teen pregnancy, parenting and sibling rivalry. Renowned interventionist Kristina Wandzilak joins the Discovery Fit & Health family with the premiere of **ADDICTED** season two, taking viewers on the unpredictable journey of recovery and the harrowing struggle to become sober. Ratings powerhouse **SECRETLY PREGNANT** returns after becoming Discovery Fit & Health's highest rated series, with all-new captivating stories of women who, for various reasons, are keeping their pregnancies a secret from their family, friends, loved ones and sometimes, society. The jaw-dropping series **UNTOLD STORIES OF THE ER** returns for a seventh season, featuring the dramatic stories of real-life trips to the emergency room and **MY NAKED SECRET** returns, showcasing the journeys of individuals struggling to hide embarrassing secrets about their bodies.

DFH's 2012-13 upfront schedule includes the following:

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New Series:

HIGH SCHOOL MOMS

Follow the real-life drama at a Colorado high school devoted exclusively to pregnant girls and teen moms. With nursing facilities and a day care center in the building, these girls are given every opportunity to continue their education while tackling the tasks of caring for a baby. Every day brings new challenges to the school's dedicated teachers and students, as the girls try to balance schoolwork, sonograms, diapers and dreams of a bright future. (Q3, 2012)

IF THEY WERE MY KIDS

Think you're a better parent than your sibling? PROVE IT! In each episode of **IF THEY WERE MY KIDS** siblings with very different parenting styles will get a chance to test their conflicting philosophies by switching places to take care of each other's kids as they think best. It's the experience of a lifetime and the only way to truly unravel the knots of their own sibling relationships. (Q1, 2013)

Returning Series:

ADDICTED SEASON 2

ADDICTED is a powerful one-hour docu-series that follows the lives of individuals struggling with addiction as they work with renowned interventionist Kristina Wandzilak. Each episode takes viewers on the unpredictable journey of recovery and the harrowing struggle to become sober. Kristina works with addicts in every shape and form – from talking an addict off a ledge to being the confidant for a father's mental breakdown and coaching a family through discovering their co-dependency issues, Kristina not only helps addicts find sobriety, she helps the families find peace. (Q3, 2012)

SECRETLY PREGNANT SEASON 2

What happens when a woman becomes pregnant, and then must use every means conceivable to hide the pregnancy? And then what happens when she must finally reveal her secret, no longer able to hide the truth? Each episode of **SECRETLY PREGNANT** follows the stories of two women who have their own reasons for hiding a pregnancy from their family, friends, boyfriends, bosses, etc. - following them through the emotional reveal of their secret, and the aftermath including the birth of the baby. (Q4, 2012)

MY NAKED SECRET SEASON 2

Each episode follows the journeys of people struggling to hide embarrassing secrets about their bodies. With the help of a therapist, these individuals grapple with revealing their painful secrets to family and friends-but can they ultimately come to terms with their body issues and finally get the medical help that will transform their lives? (Q4, 2012)

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UNTOLD STORIES OF THE ER SEASON 7

UNTOLD STORIES OF THE ER features dramatic accounts of real-life trips to the emergency room told firsthand by the Emergency Room doctors and patients. Unusual, touching, humorous or life-changing – these stories represent the most incredible tales that have ever come through the ER. Witness the true-to-life depictions of the daily battle ER doctors undertake to save lives, where medicine is practiced under pressure and every moment can be a turning point. **(Q4, 2012)**

About Discovery Fit & Health

Discovery Fit & Health, a division of Discovery Communications, Inc. (Nasdaq: DISCA, DISCB, DISCK), entertains viewers with gripping, real-life dramas, featuring storytelling that chronicles the human experience from cradle to grave. Network programming includes forensic mysteries, amazing medical stories, emergency room trauma, baby and pregnancy programming, parenting challenges, and stories of extreme life conditions. Discovery Fit & Health also features popular online and social media destinations found at DiscoveryFitandHealth.com, [facebook.com /DiscoveryHealth](https://www.facebook.com/DiscoveryHealth) and twitter.com/disc_health.

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