



**Get Off The Couch! - airs October 24<sup>th</sup> 2013**

**6x24' series from Athena Media for Setanta Sports made with the support of the Broadcasting Authority of Ireland's Sound & Vision scheme. The six part series is free to air on Setanta Ireland from October 24<sup>th</sup> 2013 at 10pm, and at the same time every Thursday thereafter for the duration of the series.**

**Get Off The Couch!** follows six people as they seek to change their lives and take on active challenges that they never thought possible. This series captures the triumph of the human spirit through determination and the desire to better oneself by capturing the personal stories, achievements, and courage of these six ordinary people doing extraordinary things.

The presenter is **Teena Gates**, who knows a lot about overcoming challenges. Teena went from 23 stone, where she found everyday simple activities like walking to be painful, to climbing to Everest base camp. Today Teena enjoys a range of activities from kayaking and hiking to abseiling and brings that enthusiasm forward to motivate our participants who have by their own admission let themselves go and need to change.

This six part series charts the progression of these characters as they take on some of the biggest challenges of their lives, sporting and personal, and along the way gain invaluable advice and training from some of Ireland's greatest sports people, such as **Katie Taylor**, **Sonia O'Sullivan**, **Sean Kelly** and **Catherina McKiernan**. From sea swimming with long distance swimmer **Fergal Somerville**, to rafting down the Liffey with **Ciaran "Kipper" Maguire**, climbing Ireland's highest mountain Carrantuohill with **Pat Falvey**, and competing in a triathlon under the tutelage of coach **Eamonn Tilley**.



**Teena** serves as team leader for the six participants guiding and motivating them as they undertake activities and strive to achieve things they never thought possible, whether it be **Karen Bowers** (33), a mother of three from Swords attempting to juggle her own business with three children while striving to complete an outdoor swim event at Lough Sheelin, and take up activities that she can do with her family, stating that *"at the end of the day work isn't everything, your family is what's important"*, or **Damien Mc**

**Elligott** (37), an unemployed chain smoking father of five with a debilitating fear of heights, who aims to overcome that fear and abseil in Dalkey quarry, or climb mountains, using the motivation of his children and not wanting to end up like his friend who passed away at Christmas, *"I'm hoping to see a fitter, thinner, happier, non-smoking Damien"*.

In each case our participants have mental challenges to overcome as well as the purely physical, and overcoming these issues forms the basis for their determination to succeed in getting out of their living rooms and into the great outdoors. **Eamonn Waldron**, a 46 year old father of four from Bray and former firefighter, struggled to find the motivation to turn his life around having losing his job and separating from his wife within the space of two weeks. But he is determined to regain his confidence and leadership qualities as he seeks to help the others cross the finish line.

**Joe Grey** (23), from Dublin, is a natural born athlete who has struggled to fulfill his potential of becoming a top sports person through having an appalling addiction to junk food and cigarettes. These combined with the aimlessness that he describes as having been the reason for dropping out of four different college courses made him want to change and be able to provide for his girlfriend. *"I want to do something, change completely change from what I'm doing now, because what I'm doing now I really don't like it"*

**Maryanne Treacy**, a 50 year old businesswoman from Midleton in Co. Cork never believed she could get active having tried and failed many times in the past. Maryanne knows she has to dig deep for her family, *"I want to be around for my granddaughter, to be there. I'm just fed up of just sitting on the couch. I want to be out there"*. Like Maryanne, **Cathy Whyte** (27), from Armagh, has always struggled to get fit admitting she has been having *"too good of a time"*. But she is determined to change, setting herself the goal of eventually climbing Mount Kilimanjaro, *"I'd rather regret what I've done than regret not doing it"*.

**Athena Media** is an award-winning production company led by **Helen Shaw**. The company makes broadcast and online content. Its TV credits **Winning Women** (Setanta Sports 2008), **Is It Just Me?** (RTE Two 2009) **Pat Falvey: My Private Everest** (Setanta Sports 2011), **Beyond Limits** (Setanta Sports 2012) and its film production **Belmayne: Gorgeous Living (2013)**. It's currently in production on **Beyond Limits: Next Generation** (Setanta Sports 2014). Its Radio production includes the acclaimed history series for RTE Radio 1 **Citizens: Lockout 1913-2013**. Athena Media won The New York Gold Award (2012) for the history and current affairs series **Death of an Empire** for RTÉ radio 1 and the Celtic Media Torc Award for its sports series **Winning Women** for Newstalk. For more information on Athena Media go to [www.athenamedia.ie](http://www.athenamedia.ie)

### **Get Off The Couch**

Presented by Teena Gates. Produced and Directed by Helen Shaw. Principal Camera by Barry MacNeill. Assistant Producer Robert Hope. Production Coordinator Leon O'Neill. Production Administrator Lisa Essuman. Music by Michael Gallen, Robert Hope and Mark Gavin. Edited by Barry MacNeill.

For more information on **Get Off The Couch!** please contact Rob Hope at (01) 4883352 or at [rob@athenamedia.ie](mailto:rob@athenamedia.ie) or visit [www.getoffthecouch.ie](http://www.getoffthecouch.ie)

