

## **Show Synopsis - Week Of 5/2/22**

### **MONDAY 5/2**

We help identify your true body type to better understand your carb tolerance and accelerate fat loss. Also, learn how to find new purpose in life after surviving a traumatic past.

### **TUESDAY, 5/3**

A recognized certified aging-in-place specialist focuses on how to die young at an old age. Also, learn what your rescue dog's past life was before coming into your life.

### **WEDNESDAY, 5/4**

MTV's 'Becoming A Popstar' winner Samy Hawk talks about his experience on the show. Also, see how to stay motivated to be consistent in your fitness journey.

### **THURSDAY, 5/5**

Vanderpump Rules star Lala Kent talks about her new book and tour. Plus, Gen-Z has no idea who Andy Cohen is,

### **FRIDAY, 5/6**

While being best friends with your child sounds great, see why it might not be in their best interest. Also, see how former Real Housewife of Beverly Hills Lisa Vanderpump is showing signs of healing after a horse accident.

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