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Travel Channel and Gaiam Release Off Limits Season 1 on DVD

NEW YORK, July 2, 2012 /PRNewswire/ -- Gaiam, Inc., a leading producer of lifestyle media, announced the release of **Off Limits Season 1** on DVD under its exclusive home video license agreement with Travel Channel.

In the premiere season of Off Limits, explorer Don Wildman delves into the most forbidden, hidden and unseen spaces across America, revealing a fascinating view of our man-made world. Get an inside look at how Hawaiian engineers tunneled through a dormant volcano to construct a state-of-the art highway tunnel system, access a secret missile silo that could have started World War III and discover a former Nazi military compound kept secret in the hills of Los Angeles.

A hands-on adventurer, Wildman risks his well-being dodging authorities while kayaking the Los Angeles river, joining the crews that operate our nation's naval cruisers and even scaling mountains and monuments in search of our country's and society's untold stories – all of which are off limits to the rest of us.

This three-disc DVD set has a run time of 516 minutes and a suggested retail price of \$24.98
Street date: July 10th, 2012

Off Limits Season 1 will be available in stores and online wherever DVDs are sold.

TRAVEL CHANNEL (<http://www.travelchannel.com>) is a multiplatform travel lifestyle brand with the core mission of providing inspiring and compelling programming that takes viewers beyond their everyday destinations, making the unfamiliar familiar, whether it's around the world or around the block. A dual feed network that is also available in HD, Travel Channel is the world's leading travel media brand, and is available in over 94 million U.S. cable homes. Owned and operated by Scripps Networks Interactive (NYSE: SNI), Travel Channel has offices in Chevy Chase, MD, and New York, NY. Scripps Networks Interactive (NYSE: SNI) also owns and operates HGTV, DIY Network, Food Network, Cooking Channel and Great American Country.

About GAIAM

Gaiam, Inc. (Nasdaq: GAIA) is a leading producer and marketer of lifestyle media and fitness accessories. With a wide distribution network that consists of 62,000 retail doors, 14,400 store within stores, 5,600 media category management locations, a digital distribution platform and more than 10 million direct customers, Gaiam is dedicated to providing solutions for healthy and eco-conscious living. The company dominates the health and wellness category and releases non-theatrical programming focused on family entertainment and conscious media. In addition, Gaiam has an exclusive licensing agreement with Discovery Communications and other licensing partners. For more information about Gaiam,

please visit www.gaiam.com or call 1.800.869.3603.

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SOURCE Gaiam, Inc.