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Travel Channel and Gaiam Release "Man V Food Nation" on DVD

NEW YORK, April 2, 2012 /PRNewswire/ -- Gaiam, Inc., a leading producer of lifestyle media, announced today the DVD release of Travel Channel's **Man V Food Nation** under its exclusive home video license agreement with Travel Channel.

A new name for the same game, Adam Richman, actor, chef and food enthusiast is back -- but this time he is recruiting local talent to take on their own beloved hometown challenges. After three years of eating his way across America, Adam recruits local talent from the cities he visits to partake in the challenges themselves. Using his extensive competitive eating experience, Adam coaches these hungry competitors as they work together to defeat culinary feasts and celebrate the community that created them.

Cheer on Adam and the locals as they chow down on everything from hot-fried chicken in Nashville to Hawaiian-style hot dogs in Oahu. Other highlights include the intriguing Voodoo Juice Challenge in Savannah, the mouth-watering Caseus Cheese Truck Challenge in New Haven, and the classic Reuben Challenge in Cincinnati. Adam even coaches a group of Packers fans through the Gravedigger Challenge, which entails devouring a 93-ounce burger in just 60 minutes! Surely, all 25 episodes of this stomach-filling, suspense driven show will prove to be quite the treat.

This three-disc set has a run time of 602 minutes and an SRP of \$13.75. **Street date:** April 17, 2012.

Man V Food Nation 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 every day 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 96 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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