



Health Guru and Celebrity Trainer, Harley Pasternak, Brings Acclaimed 5-Factor Success System to HSN

- Kick Your New Year Off the Right Way, January 27 & 28 on HSN, HSN.com and HSN Mobile –

ST. PETERSBURG, Fla., Jan. 24, 2012 - - Known for whipping some of Hollywood's most sought-after bodies into the best shape of their lives, Harley Pasternak joins multichannel retailer HSN to launch the 5-Factor Success System, a diet and fitness program designed to deliver outstanding results for your busy life.

The 5-Factor program involves eating 5 meals a day, each meal containing 5 key ingredients, plus 1 cheat day to indulge in the foods you love, guilt-free! A workout plan consisting of 25 minutes of exercise, 5 days a week all conveniently combined into an all-in-one kit. The 5-Factor Success System contains a Quick Start Guide, 5-Factor Diet Binder, a Diet & Fitness Journal, 5 X 25 minute Fitness DVDs, a Meal & Tips DVD and much more.

"I can't think of a better way to kick off the New Year than launching on HSN," said Harley Pasternak. "The 5-Factor Program will show you how to eat more, work out less and love the results. I've helped over 200 celebrities burn fat and tone up, tune in to find out how!"

Pasternak is also a co-host on ABC's The Revolution, which is an uplifting, inspiring, and groundbreaking new daily show about health and lifestyle transformations co-hosted by a stellar team of experts including Tim Gunn, Ty Pennington among others who will help viewers with complete transformations in all areas of their lives.

Find out how a 5-Factor lifestyle can get you into the best shape of your life on January 27 at 12pm ET and 11pm ET as well as January 28 at 6 am

ET. Visit HSN.com and HSN Mobile for more information or join the conversation @HSN on Facebook and Twitter.

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About Harley Pasternak:

A renowned fitness and nutrition expert and best-selling author, Harley Pasternak is responsible for getting many of Hollywood's most recognized celebrities into the best shape of their lives; from Lady Gaga to Halle Berry, Robert Pattinson to Robert Downey Jr., and many more. Harley has appeared on dozens of talk shows over the years and his 5-Factor program has received extensive coverage in countless publications worldwide. Beginning January 16, 2012, Harley will be co-hosting ABC's *The Revolution*, a new daytime TV talk show. With a Masters of Science in Exercise Physiology and Nutritional Sciences, and an Honors Degree in Kinesiology, Harley's books have been published in international markets in seven different languages. Now Harley reveals Hollywood's Slimming Secret — the 5-Factor Success System to all of America and the world. A lifestyle that gets Real People Hollywood Results. For more information, visit 5factor.com.

About HSN:

Headquartered in St. Petersburg, FL, HSN is a leading interactive multichannel retailer, offering a curated assortment of exclusive products and top brand names to its customers. HSN incorporates entertainment, inspiration, personalities and industry experts to provide an entirely unique shopping experience. At HSN, customers find exceptional selections in Health & Beauty (e.g. Benefit, Carol's Daughter, Coty, Elizabeth Arden, Andrew Lessman, Lancôme, My Life Mary J. Blige, Perlier, Serious Skin Care, Shiseido, Signature Club A, Stila, Wei East, ybf Beauty); Jewelry (e.g. Heidi Daus, Iris Apfel, R.J. Graziano, Rarities: Fine Jewelry with Carol Brodie, Amedeo Scognamiglio, Tori Spelling); Home/Lifestyle (e.g. Jeffrey Banks, Nate Berkus, Bissell, Colin Cowie, Dyson, Easy Exotic by Padma Lakshmi, Todd English, Emeril Lagasse, Happy Chic by Jonathan Adler, Joy Mangano, MoMA Design Store, Wolfgang Puck); Fashion/Accessories (e.g. American Glamour Badgley Mischka, Joan Boyce, Curations with Stefani Greenfield, Libby Edelman, Sam Edelman, Chi by Carlos Falchi, Diane Gilman, IMAN Global Chic, "Timeless" by Naeem Khan, Twiggy LONDON, Sharif, Serena Williams Signature Statement); and Electronics (e.g. Sony, Kodak, Acer, Olympus, GE, Panasonic).

A leader in transactional innovation, HSN is the only retailer offering live streaming video in HD on three screens: TV, online and mobile. HSN broadcasts live to 96 million households in the US in HD 24/7 and its website – hsn.com – is a top 10 e-commerce site, featuring more than 15,000 product videos. Mobile applications include HSN apps for iPad, iPhone and Android. HSN, founded 34 years ago as the first shopping network, is an operating segment of HSN, Inc. (Nasdaq: HSN). For more information, please visit HSN.com, or follow @HSN on Facebook and Twitter.