



**“MAKE IT OR BREAK IT” FANS CAN PLEDGE TO
“MAKE” (OR DECIDE TO “BREAK”) THEIR 2010 NEW YEARS RESOLUTIONS –
WITH A LITTLE HELP FROM THEIR FRIENDS!**

*New Year’s Resolution Generator Application on ABCFamily.com’s “Make It or Break It” Micro-Site
Helps Viewers Set and Follow-Through on Their New Year’s Goals*

Burbank, CA (December 22, 2009) – In order to mark the return of the ABC Family’s hit series “Make It or Break It,” and to usher in the New Year, fans of the show will be able to create and track the progress of their personal 2010 New Year’s resolutions by utilizing the new “Make It or Break It” *New Year’s Resolution Generator* application. Starting **Tuesday, December 29, 2009**, viewers can visit ABCFamily.com, go to the “Make It or Break It” micro-site page and log in via Facebook Connect to interact with the application. The app will then scan their profiles to suggest resolutions (Read more books! Make honor roll! Practice the violin every day!). Users can accept the suggested resolution or continue to edit it until it fits their goal perfectly.

The process starts when users click the “Get My Resolution” button in the main section of the “Make It or Break It” page on ABCFamily.com. Once the user accepts the suggested resolution, a screen appears that includes boxes that the user can check to indicate whether the steps to accomplish the resolution have been met. Users can also choose to share their resolution with their Facebook friends, who can vote on whether or not they will “Make It” or “Break It.”

“Make It or Break It,” returning on Monday, January 4 (9PM-10:00PM ET/PT), stars Chelsea Hobbs, Ayla Kell, Josie Loren, Cassie Scerbo, Zachary Burr Abel, Peri Gilpin, Candace Cameron Bure and Susan Ward.

“Make It or Break It” is executive produced by Holly Sorensen, Paul Stupin and John Ziffren, along with co-executive producer Joanna Johnson. John J. Sakmar and Kerry Lenhart are consulting producers, with supervising producers Michael Gans and Richard Register and producer Kevin Slattery. The new original series’ recurring cast includes Anthony Starke, Johnny Pacar, Marcus Coloma, Rosa Blasi, Jason Manuel Olazabal, Brett Cullen, Erik Palladino, Mia Rose Frampton, Wyatt Smith and Neil Jackson.

ABCFamily.com

Emmy® Award-winning ABCFamily.com provides a variety of interactive entertainment and community features, from rich, fan-centric programming – including blogs, viewing parties, webisodes, full episodes of the network’s hit programming including “The Secret Life of the American Teenager,” “Greek,” “Make It or Break It,” “10 Things I Hate About You” and “Ruby & The Rockits,” along with previews and behind-the-scenes clips – to personal profiles that allow commenting, favoriting, and rating any content on the site. Social networking tools and online activities foster user interaction with the site and between users.

www.abcfamily.com

ABC Family

Part of the Disney-ABC Television Group, ABC Family is distributed in over 97 million homes. ABC Family features programming reflecting today’s families, entertaining and connecting with adults through relevant stories about today’s relationships, all told with diversity, dysfunction, passion, humor and heart. ABC Family’s programming is a mix of network defining original series and original movies, quality acquired series and blockbuster theatricals. ABC Family is also the destination for annual Holiday events with “13 Nights of Halloween” and “25 Days of Christmas!” ABC Family. A New Kind of Family.

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