

# STEVEN AND CHRIS

Life. Style. Fun.  
With a little bit of fabulous.



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**Factual Entertainment: One hour series, ongoing**

# STEVEN AND CHRIS

Steven Sabados and Chris Hyndman, hosts of hit design show *Designer Guys*, bring their style know-how to every aspect of modern life – with the hottest hints and tips on fashion, décor, food, celebrity, health and relationships in this lively and entertaining lifestyle show.

With years of design experience, Steven and Chris offer insider tricks to creating beautiful homes, providing 'curb appeal' as well as quick fixes that will transform the look of tired rooms. If fashion trends and beauty issues make your head spin, worry not, they're here to tell you what you need to know to look stylish. And if you're out of ideas about what to feed your family and friends, they've got you covered with simple and delicious recipes for every occasion and suggestions on how to hold the perfect party.

Whether you're looking to lose weight or eat healthier, Steven and Chris are on hand with inspiring health and fitness advice. Also covering subjects ranging from everyday etiquette and body language to controlling your finances and training your pooch, this really is a one-stop guide to surviving today's non-stop lifestyles.

Segments include the celebrity-driven "*Fabulist*", tours of viewers' gorgeous homes in "*House Proud*", and the best shopping in "*What's in Store*". There's also the popular segment "*Ask Steven and Chris*" where viewers can get instant expert advice from the boys on their décor, fashion or lifestyle problems.

With the help of top experts and a slew of celebrity guests, *Steven and Chris* is all about fabulous made easy. And most importantly it's about having fun along the way!

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A CBC production

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