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**NEW EPISODE OF CHEERLIVING SHOW FEATURES CHASSÉ ATHLETES
MADDIE GARDNER AND ELLE SMITH PLUS SUPERSTARS OF ALL STARS
CHEERLEADERS**

Top cheerleaders share their nutrition tips in the fifth episode of CheerLiving® magazine's show, sponsored by Chassé and produced by Cheer Channel Inc.

San Diego, November 5, 2013 -- CheerLiving® released the fifth episode of its online show [via Cheer Channel Inc.'s YouTube page](#). The newest episode is all about nutrition and how to maintain energy and strength at cheer practice, competitions, games, and more.

Nutrition and health was a big focus in the second issue of [CheerLiving® magazine](#), which was released October 1. Along with advice on healthy foods to eat, the magazine feature also included tips from several of the Superstars of All Stars cheerleaders and Chassé's athletes Maddie Gardner and Elle Smith.

"Nutrition is such an important topic in the athletic world and cheer industry. But rather than just provide information, we wanted to have tips from those who inspire others: top cheerleaders!" said Melissa Darcey, CheerLiving® magazine editor and show co-host.

All episodes of CheerLiving®'s show are sponsored by [Chassé Cheer](#), a cheerleading apparel company that is also a sponsor of CheerLiving® magazine and Cheerleading Blog. Each episode is produced by [Cheer Channel](#) and released on the company's YouTube page. A new episode is released every other Monday and is hosted by CheerLiving® magazine editors.

"Our spokesmodels Elle Smith and Maddie Gardner are great role models, not just because of their cheer skills but also because of their healthy diets. They are proof that eating the right foods can affect their performance," said Jessica Rzeszut, Chassé marketing manager.

As partners with Cheer Channel, Chassé provides scholarships to the Superstars of All Stars. Maddie Gardner is not only a Chassé athlete, but also the host of Cheer Channel's popular web series, "Cheer Mashup."

CheerLiving® magazine was launched by Cheerleading Blog in July 2013. The quarterly magazine is available for free digital subscriptions on its website. In September, the first episode of its show was released and has nearly 25,000 views. The third episode, which focused on Chassé cheer shoes, has proven incredibly popular, having reached nearly 50,000 views in just several weeks.

To find out more about CheerLiving® or its show, visit the CheerLiving® website. All episodes can be viewed on CheerLiving®, Cheer Channel's YouTube channel, and Cheerleading Blog, Chassé, and Cheer Channel social media pages.

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ABOUT CHEERLIVING® MAGAZINE:

CheerLiving Magazine, a division of Cheerleading Blog and sponsored by cheerleading company Chassé, is a source of cheerleading news, tips, and advice for cheerleaders, coaches, parents, industry leaders, and the cheerleading community.

ABOUT CHEERLEADING BLOG:

Cheerleading Blog is the official blog supported by industry leaders Omni Cheer®, Campus Teamwear®, Chassé®, Fun“d”2Raise®, Warmups.com and Glitterbug® Cosmetics.

ABOUT CHASSÉ:

Chassé® is a leader and innovator in the world of cheerleading apparel and accessories, providing affordable and high-performance in-stock cheerleading apparel to cheerleaders of all ages.

ABOUT CHEER CHANNEL INC.:

CCI, a privately held corporation with offices in Texas and California, serves as the premier entertainment and news network for the millions of athletes and fans of the spirit industry. An interactive, multi-digital online and broadcast destination, CCI provides the latest emerging media technology engaging tweens and teens across the most popular social media platforms.