



# MAKE A HABIT - BREAK A HABIT

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Runtime: 82 mins

2022

Documentary

What happens when you take a group of people from all walks of life all with different goals apart from just one. CHANGE from bad to good habits. Some want to lose weight, feel better about themselves, gain confidence, feel fitter and make small changes.



# FILM SPECIFICATIONS

Running time.....82 mins  
Genre .....Documentary  
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Format .....1920x1080, 24fps, Sound Stereo  
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# ANDY BLITHE



ATURN FILMS

**DIRECTOR  
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EDITOR**



**Born in Chesterfield in Derbyshire  
I became involved in filmmaking  
around 10 years ago after my  
previous life in the Military  
and the Police Service. I have  
a Masters in Documentary  
Filmmaking and am passionate  
about telling stories through  
the use of the filmmaking  
medium.**

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