

NENT Group explores 'The Art of Living' in next original documentary series

- Six-part documentary series created by internationally renowned chef Niklas Ekstedt
- 'The Art of Living' to premiere exclusively on Viaplay on 3 January 2020
- NENT Group to premiere at least 20 original productions every year

The next original production from Nordic Entertainment Group (NENT Group), the Nordic region's leading streaming company, is the food and lifestyle documentary series 'The Art of Living'. The six-part show has been co-created by top Swedish chef Niklas Ekstedt and is NENT Group's 10th original documentary series. 'The Art of Living' will premiere exclusively on NENT Group's Viaplay streaming service across the Nordic region on 3 January 2020.

What's the secret to living past 100? In 'The Art of Living' (Swedish title: 'Konsten att leva längre'), Niklas Ekstedt travels to the world's 'blue zones' – regions where unusually high numbers of people reach an advanced age – in a quest to find the hidden recipe for a long and healthy life.

'The Art of Living' is Niklas Ekstedt's third Viaplay original series after '[Food & Fire](#)', which premieres on Viaplay on 29 November, and the critically acclaimed '[Four Hands Menu](#)'. The English language show is produced by Mastiff, and developed by Banijay Factory in co-operation with Niklas Ekstedt.

NENT Group's upcoming original documentaries also include '[The Last Journey of the Vikings](#)' and two seasons of '[American Runestone](#)', created by Swedish Hollywood superstar Peter Stormare ('The Blacklist'; 'Prison Break'). The original documentaries '[Swedish Sin](#)'; 'Couple Thinkers'; 'Superswede'; and '[Manson's Bloodline](#)' have already premiered on Viaplay.

Filippa Wallestam, NENT Group Chief Content Officer: "NENT Group's original documentaries continue to tear up the script, and there's no better way for our factual slate to reach double figures than by asking one of the biggest questions of all – how can we live longer and better? Through a personal journey that takes Viaplay viewers from the forests of southern Sweden to Japan's Okinawa islands, charismatic chef Niklas Ekstedt reveals new ways of living and eating that will both surprise and inspire. What an appetising way to start the new year!"

About NENT Group's original productions

NENT Group has now launched 65 original productions and is set to premiere a minimum of 20 every year. In the past 12 months, '[Seizure](#)'; season one of '[Love Me](#)'; season one of '[Fixi](#)

[in Playland](#)’; season one of [‘Honour’](#); [‘Manson’s Bloodline’](#); season two of [‘ALEX’](#); [‘Swedish Sin’](#); [‘Straight Forward’](#); season one of [‘Saga’s Stories’](#); [‘Wisting’](#); [‘The Inner Circle’](#); season one of [‘Those Who Kill’](#); [‘Hidden’](#); season two of [‘The Great Escape’](#); [‘The Truth Will Out’](#); and [‘Four Hands Menu’](#) have premiered.

Recently announced originals include season two of [‘Those Who Kill’](#); seasons two and three of [‘Fixi in Playland’](#); [‘Mia’s Magic Playground’](#); season two of [‘Honour’](#); [‘The Last Journey of the Vikings’](#); [‘Hammarvik’](#); [‘Thicker than Water’](#); season two of [‘The Lawyer’](#); season two of [‘Love Me’](#); [‘The Machinery’](#); season three of [‘The Great Escape’](#); season two of [‘Saga’s Stories’](#); [‘Food & Fire’](#); [‘First Responders’](#); [‘Partisan’](#); season three of [‘Occupied’](#); seasons one and two of [‘American Runestone’](#); [‘Home Invasion’](#); [‘The Professionals’](#); [‘Shadowplay’](#); [‘Box 21’](#); season two of [‘Rig 45’](#); [‘The Ambassador’](#); [‘Margeaux’](#); [‘Cryptid’](#); [‘Commando’](#); [‘Face to Face’](#); and [‘Cold Courage’](#).

As well as breaking Nordic viewing records, NENT Group’s originals are increasingly reaching audiences around the world. Amongst others, [‘ALEX’](#) has been sold to broadcast and streaming partners in [Europe, Asia and the US](#); [‘Veni Vidi Vici’](#) has premiered on [Hulu](#) and is set for a [US remake in partnership with Lionsgate](#); [‘Swedish Dicks’](#) has featured on [Pop TV](#) in the US; [‘Black Lake’](#) has been shown on [BBC Four and AMC Networks-backed Shudder](#); [‘Honour’](#) has been sold to RTL in Germany and VRT in Belgium; and [‘Those Who Kill’](#) is available on the BBC and ARTE.

[In January 2019](#), NENT Group announced a UK-based joint venture with award-winning independent studio FilmNation Entertainment to develop, produce and finance premium scripted television content for global audiences.

[In May 2019](#), NENT Group invested in a minority stake in the new US production company Picturestart together with a range of high-profile industry partners. Based in Los Angeles and founded by renowned producer Erik Feig, Picturestart will create, co-finance and produce premium scripted content for young adult viewers around the world.

NOTES TO EDITORS

Nordic Entertainment Group AB (publ) (NENT Group) is the Nordic region’s leading entertainment provider. We entertain millions of people every day with our streaming services, TV channels and radio stations, and our production companies create content that is experienced around the world. We make life more entertaining by telling stories, touching lives and expanding worlds – from live sports, movies and series to music and original shows. Headquartered in Stockholm, NENT Group is listed on Nasdaq Stockholm (‘NENT A’ and ‘NENT B’).

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