



**NATIONAL GEOGRAPHIC UNVEILS TRAILER FOR NEW SEASON OF
LIMITLESS: LIVE BETTER NOW, WHERE GLOBAL MOVIE STAR
CHRIS HEMSWORTH EMBARKS ON A BOLD NEW MISSION TO
UNLOCK THE SECRETS OF LIVING BETTER — NOW**

**From Sharing the Stage with GRAMMY® Award-Winner Ed Sheeran to Conquering
the Swiss Alps and Training With Special Forces, Chris Embarks on a Global
Quest To Unlock the Secrets of a Longer, Healthier Life**

**The Three-Part Series Is From Academy Award®-Nominated Filmmaker Darren
Aronofsky's Protozoa, Jane Root's Nutopia, and Chris Hemsworth and Ben
Grayson's Wild State**

***LIMITLESS: LIVE BETTER NOW* Streams Aug. 15 on Disney+ and Hulu;
Airs Aug. 25 on National Geographic**



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(WASHINGTON, D.C. – July 17, 2025) Ahead of its London premiere event and following the international success of **LIMITLESS WITH CHRIS HEMSWORTH**, where the global movie star explored how to live longer, [Chris Hemsworth](#) returns with a bold new mission: discovering how we can all live better — starting today. In the newly titled **LIMITLESS: LIVE BETTER NOW**, he dives into three high-stakes challenges that promise real, immediate ways to sharpen our minds and strengthen our bodies. All episodes will stream Aug. 15 on Disney+ and Hulu and will air on National Geographic on Aug. 25.

In this thrilling three-part series from Academy Award-nominated filmmaker Darren Aronofsky's *Protozoa*, Jane Root's *Nutopia*, and Chris Hemsworth and Ben Grayson's *Wild State*, Chris pushes himself further than ever — both physically and mentally — as he confronts some of life's most universal challenges: pain, fear and cognitive decline.

Filmed across six countries over two years, Chris tests his limits by drawing from cutting-edge science and the wisdom of elders to push himself like never before. With no previous experience, he learns to play the drums for a live performance with GRAMMY Award-winner Ed Sheeran in front of 70,000 fans; scales a dizzying 600-foot climbing wall in the Swiss Alps to break out of his comfort zone and embrace risk; and takes part in South Korean Special Forces training, enduring electrocution and pepper spray to confront his long struggle with chronic pain and reconfigure his response to it — all to uncover tools we can use today to live healthier, happier lives.

Joining him on this transformative journey are returning expert Dr. BJ Miller, a renowned palliative care physician, plus a powerful lineup of inspiring voices, including cognitive scientist Dr. Maya Shankar, Parkway Drive drummer Ben Gordon, neuroscientist and Professor Abigail Marsh, free solo climber and wingsuiter Steph Davis, former members of South Korea's military, MMA fighter Kim Dong-hyun, freestyle motocross legend Robbie Maddison and more. Together, they offer fresh insights into how we can build stronger minds, bodies and connections.

"Making this series has been a life-changing journey. I've discovered so much about my own health, resilience and what it really means to live well," said Hemsworth. "I hope this next chapter inspires audiences to step outside their comfort zones and embrace challenges, because the impact it's had on my life has been truly profound."

Each part of **LIMITLESS: LIVE BETTER NOW** unpacks new science with real-world relevance:

- **"BRAIN POWER"**

Inspired by the benefits of learning a new skill, which aids memory and cognitive function, Chris Hemsworth takes up drumming. When he is invited to join Ed Sheeran onstage at a stadium concert, Chris has just months to master the instrument and conquer his nerves to perform in front of 70,000 fans. It's a challenge that pushes him beyond his limits.

- **“RISK”**

Chris Hemsworth pushes his limits by attempting to climb a 600-foot Alpine dam in the Swiss Alps. Inspired by his children's carefree risk-taking, Chris learns from experts how exposure therapy and Flow — a state of hyperfocus — can improve mental and physical health, showing how taking risks as adults can lead to a happier, healthier life.

- **“PAIN”**

Chris Hemsworth sets out to confront his chronic pain in a bold, immersive journey through South Korea. Guided by pain expert Dr. BJ Miller, he explores ancient healing traditions and cutting-edge science. Chris faces “pain valley” in the final test, a brutal gauntlet of Special Forces trials that will push him to his limits.

In August 2024, National Geographic released a video capturing the climax of Chris's brain-boosting challenge: performing “Thinking Out Loud” on stage with his friend Ed Sheeran in front of 70,000 fans in Bucharest, Romania, during Sheeran's “+—÷x” tour. Now, viewers can witness the full journey in the series' first episode, “Brain Power,” as Chris learns to play the drums from scratch with Parkway Drive's Ben Gordon. This unforgettable moment has garnered nearly 35 million views across Chris', Ed's and Nat Geo's social accounts. A global sensation, Season 1 of **LIMITLESS** ranks as National Geographic's No. 2 most-watched streaming series ever, drawing nearly half its audience from international viewers.

LIMITLESS WITH CHRIS HEMSWORTH is produced by Protozoa, Nutopia and Wild State for National Geographic. Tom Watt-Smith, Peter Lovering, Arif Nurmohamed and Jane Root serve as executive producers for Nutopia. Creators Darren Aronofsky and Ari Handel of Protozoa return to executive produce, and Chris Hemsworth, Ben Grayson and Brandon Hill are executive producers for Wild State. For National Geographic, Bengt Anderson and Simon Raikes are executive producers.

Instagram: [@NatGeoTV](#) | [@ChrisHemsworth](#) | [@DisneyPlus](#) | [@Hulu](#)

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ABOUT DISNEY+

Disney+ is the dedicated streaming home for movies and shows from Disney, Pixar, Marvel, Star Wars, and National Geographic, along with The Simpsons and much more. In select international markets, it also includes the general entertainment content brand, Star, and in the U.S., Disney Bundle subscribers can also access extensive Hulu content, including next day TV and Hulu Original titles, on Disney+. The flagship direct-to-consumer streaming service from Disney, Disney+ offers an ever-growing collection of exclusive originals, including feature-length films, documentaries, live-action and animated series, and short-form content. With unprecedented access to Disney's long history of incredible film and television entertainment, Disney+ is also the exclusive streaming home for the newest releases from The Walt Disney Studios. Disney+ is available as a standalone streaming service or as part of bundled offerings, including Disney Bundle plans in the U.S. that give subscribers access to Disney+ and Hulu or Disney+, Hulu, and ESPN+. For more, visit disneyplus.com, or find the Disney+ app on most mobile and connected TV devices.

About Hulu

Hulu is a leading premium streaming service that offers an expansive slate of live and on-demand entertainment through a wide array of subscription options that give consumers ultimate control over their viewing experience. As part of the Disney Entertainment segment, Hulu is the only on-demand offering that provides access to shows from every major U.S. broadcast network, libraries of hit TV series and films – including licensed content streaming exclusively on Hulu – and award-winning Originals. Hulu is available as a standalone streaming service or as part of bundle offerings with different combinations of Disney+ and ESPN+ and can be further personalized through a variety of premium and Live TV add-on subscriptions. With Hulu + Live TV, subscribers receive a unique combination of 95+ live news, entertainment and sports TV channels and can access Hulu's on-demand library, Disney+, and ESPN+ all in one plan. Visit hulu.com to subscribe or learn more about the service.

About National Geographic Content

Representing the largest brand on social media with over 777 million followers and 1.1 billion impressions each month, National Geographic Content's award-winning and critically acclaimed storytelling inspires fans of all ages to connect with, explore and care about the world through factual storytelling. National Geographic Content, part of a joint venture between The Walt Disney Company and the National Geographic Society, reaches over 532 million people worldwide in 172 countries and 33 languages as a digital, social and print publisher and across the global National Geographic channels (National Geographic Channel, Nat Geo WILD, Nat Geo MUNDO), National Geographic Documentary Films, and direct-to-consumer platforms Disney+ and Hulu. Its diverse content includes Oscar®- and BAFTA award-winning film *Free Solo*, Oscar-nominated films *Fire of Love* and *Bobi Wine: The People's President*, Emmy® Award-winning franchise *9/11: One Day in America* and *JFK: One Day in America*, Emmy® Award-winning series *Animals Up Close*, series *Trafficked with Mariana van Zeller*, *Life Below Zero*, and *Secrets of the Whales*, in addition to multiple National Magazine Awards, Pulitzer Prize Finalists and Webby wins. Visit nationalgeographic.com and natgeotv.com or explore [Instagram](#), [Threads](#), [Facebook](#), [LinkedIn](#), [YouTube](#), [TikTok](#), and [Reddit](#).

About Protozoa

Protozoa, based in Chinatown NYC, is headed by Darren Aronofsky and his partner, Ari Handel. Their film credits include Aronofsky's π , REQUIEM FOR A DREAM, THE FOUNTAIN, THE WRESTLER, BLACK SWAN, NOAH, mother!, THE WHALE, POSTCARD FROM EARTH for MSG Sphere, and the upcoming CAUGHT STEALING for Sony Pictures; as well as Pablo Larrain's JACKIE, Yann Demange's WHITE BOY RICK, Lance Oppenheim's SOME KIND OF HEAVEN, Josef Kubota Wladyka's CATCH THE FAIR ONE, Alex Pritz's THE TERRITORY, Tobias Lindholm's THE GOOD NURSE, Jack Begert's LITTLE DEATH, Olivier Sarbil's documentary VIKTOR, and Brandon Kramer's HOLDING LIAT. Their recent TV credits

include ONE STRANGE ROCK, WELCOME TO EARTH, and LIMITLESS for Nat Geo, KINDRED for FX, and BLACK GOLD for Paramount+. Protozoa, based in Chinatown NYC, is headed by Darren Aronofsky and his partner, Ari Handel. Their film credits include Aronofsky's π , REQUIEM FOR A DREAM, THE FOUNTAIN, THE WRESTLER, BLACK SWAN, NOAH, mother!, THE WHALE, POSTCARD FROM EARTH for MSG Sphere, and the upcoming CAUGHT STEALING for Sony Pictures; as well as Pablo Larrain's JACKIE, Yann Demange's WHITE BOY RICK, Lance Oppenheim's SOME KIND OF HEAVEN, Josef Kubota Wladyka's CATCH THE FAIR ONE, Alex Pritz's THE TERRITORY, Tobias Lindholm's THE GOOD NURSE, Jack Begert's LITTLE DEATH, Olivier Sarbil's documentary VIKTOR, and Brandon Kramer's HOLDING LIAT. Their recent TV credits include ONE STRANGE ROCK, WELCOME TO EARTH, and LIMITLESS for Nat Geo, KINDRED for FX, and BLACK GOLD for Paramount+.

About Nutopia

Nutopia is known for creating award-winning series on a global scale, combining epic cinematography, high-end documentary storytelling, and A-list talent.

Upcoming titles include a 20-part World War II series with Tom Hanks for The HISTORY Channel and *Pole to Pole with Will Smith* for National Geographic and Disney+.

Recent releases include *Secrets Declassified with David Duchovny* for The HISTORY Channel and the Daytime Emmy-nominated *Shark Beach with Anthony Mackie: Gulf Coast* for National Geographic.

About Wild State

Wild State is a multi-platform production company that produces Scripted, Unscripted and Branded content across film, television, and digital platforms. Wild State is dedicated to generating immersive narratives that entertain and shine a light on important issues around the globe. Hemsworth and Grayson were Executive Producers on the National Geographic produced Disney+ original Limitless with Chris Hemsworth, and serve as Producers on the EXTRACTION franchise with AGBO on Netflix, *Crime 101* with Amazon, and *Corsair Code* which is in development at Apple.

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