



**Be Fit.**



**Be Healthy.**



**Be Happy.**

# A 13-part, Nationally Distributed ½ Hour Television Series

**Exercises | Expert Interviews | Coaching | Recipes**

My Fitness Rx is an upbeat series shot in a magazine style format incorporating news & informational to help you live your best life!

## SVOD Distribution



My Fitness Rx is now available through SVOD distribution (Subscription Video on Demand) distribution.

## Local Television Distribution



- WMCN Philadelphia
- 2.7 million+ homes in the Extended Philadelphia Television Market(NJ, PA, DE)

## Additional Digital Distribution

- Website segments, content
- Downloadable Resources
- Social Media, Emails



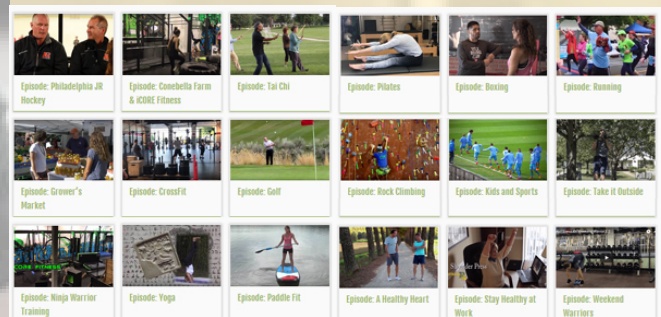
## Preview Episodes

- Full Episode: [Axe Throwing](#)
- Preview: [Synchronized Skating](#)
- Preview: [Broadway Fitness](#)
- Preview: [Equine Therapy](#)



## SVOD Distribution Partners

- Amazon Prime
- FlixFling
- Hulu
- Netflix
- AppleTV
- iTunes
- Vimeo
- ... and more



[MyFitnessRx.net](http://MyFitnessRx.net)