



Be Fit.



Be Healthy.



Be Happy.

2019 Media Kit

My Fitness Rx



visit: MyFitnessRx.net

The Series

A Weekly National ½ Hour Television Show

My Fitness Rx is unlike any fitness or exercise program available simply because of what it is NOT. It is not a weight loss competition, a reality show, or any other kind of fitness competition but rather an entertaining, informational, and educational healthy living series. My Fitness Rx helps you live a healthy lifestyle, with information you can use, to live life on your terms.

The series was created by certified personal trainer and fitness expert, Tanya Stroh, who along with our team of contributors ... doctors, nutritionists, personal trainers, nurses, physical therapists, chefs, life coaches and more ... provide insight and answers to the benefits of a healthy lifestyle, and how to best achieve it.

Exercises | Expert Interviews | Coaching | Recipes



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Programming | Audience Alignment

My Fitness Rx episodes follow a consistent format that aligns with Be Fit, Be Healthy, Be Happy themes. The series focuses on relevant and timely topics that impact our every day lives.

- **Be Fit:** Exercise/Fitness
- **Be Healthy:** Food/Cooking
- **Be Happy:** Lifestyle/Healthy Improvements
- **Exercise of the Week:** Exercise/Fitness
- **Healthy Minute:** Healthy/Fitness/Lifestyle
- **Healthy Living:** Wellness/Personal Improvement

