



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 segments 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

