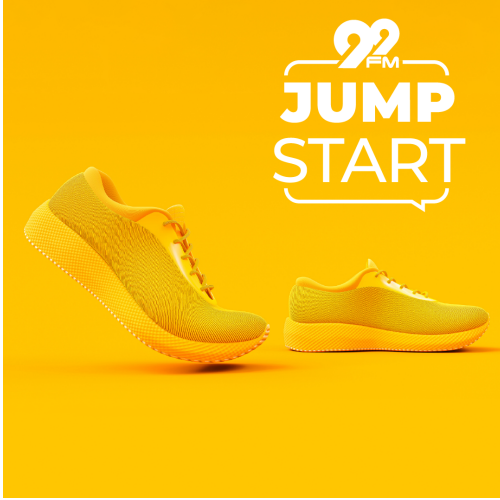


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ADDITIONAL INFORMATION

Age 0-13 , 14-18 , 19-24 , 25-44 ,

Demographic 45-59 , 60+

Audience Female , Male

Demographic

Package includes :

21 x Spots

1 x Interview

1 x Social media

Categories: [99FM](#), [OmniChannel](#), [Prime Time](#), [Radio](#)

Tags: [99fm](#), [namibia](#), [positive news](#), [positive radio](#), [prime time](#), [prime time radio](#), [radio](#)

Package includes :

21 x Spots

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PRODUCT DESCRIPTION

Mondays to Fridays @ 06h10

A fast-paced, kicker of a show that gets bodies moving, minds racing and energy levels right up!

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Topics Covered:

- Body, Wellness, Fitness
- Mental Health & Strength
 - Movers & Shakers
- Good Food on the go
- Dance. Dance. Dance

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