



The Fitness Show

(13 x 30 mins)

The Fitness Show, hosted by Colin Hooler, uses proven, practical information and a sense of fun to educate and motivate viewers to take charge of their health. Colin brings enormous credibility, energy, and a fresh approach to health and fitness. He shows how health and fitness is tied to community and how the strength of the community depends on the strength and integrity of individuals.

The series takes viewers through many common medial issues people deal with in life and gives practical but life-changing examples of how to overcome them.

Colin encourages his viewers with easy and accessible exercise routines and sound nutrition tips. The show's mission is to inspire its viewers to take steps to a healthier and happier life.

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