



Airs Week Of:  
11/28/2022

CLOSED CAPTIONED  
TV-G

107 - Get Up...Fuel Up...Live It Up

	<u>SEGMENT</u>	<u>RUN</u>
<b>OPENING / SEGMENT ONE</b>	05:15	05:13
<b>COMMERCIAL BREAK ONE</b>	02:02	07:17
1:00 MJNC609764H            JOE NAMATH / (800) 593-9764		
1:02 <i>Black For Local</i>		
<b>SEGMENT TWO</b>	07:28	14:45
<b>COMMERCIAL BREAK TWO</b>	02:02	16:47
1:00 NACI602857H            NANO HEARING AIDS / (800) 341-2857		
1:02 <i>Black For Local</i>		
<b>SEGMENT THREE</b>	08:04	24:51
<b>COMMERCIAL BREAK THREE</b>	03:02	27:53
1:00 MJNC609764H            JOE NAMATH / (800) 593-9764		
:30 LPEB302412H            LEGXERCISE / (800) 385-2412		
1:32 <i>Black For Local</i>		
<b>SEGMENT FOUR (CLOSING CREDITS)</b>	00:37	28:30
<b>TOTAL RUNNING TIME:</b>		28:30

Please contact B.C. (bceello@pmi.tv) or AUTUMN (autumn@pmi.tv) at PMI #412.281.5900 with any questions regarding this program.

This info can also be downloaded by using this direct link:

<https://pmi.tv/show/fit-n-delicious/>