

September 24, 2024, [Worth the Sweat](#)

## [WORTH THE SWEAT](#)

[Login to see prices](#)



### ADDITIONAL INFORMATION

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

**Demographic** 45-59 , 60+

**Audience** Female , Male

**Demographic**

---

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

**Tags:** [99fm](#), [fitness](#), [fitness tips](#), [lifestyle](#), [motivation](#), [positive radio](#), [prime time](#), [prime time radio](#), [radio](#)

### PRODUCT DESCRIPTION

**Mondays to Fridays @ 08h20**

Drop it low and give us 9.

Exercise is one of theeeeeee most important habits humans should cultivate and we're giving our listeners daily motivation and tips on why every drop of sweat is actually worth gold.

#### Topics Covered:

- Fitness
- Healthy Lifestyle

[Read More](#)

## ADDITIONAL INFORMATION

**Age Demographic**

0-13 , 14-18 , 19-24 , 25-44 , 45-59 , 60+

**Audience Demographic**

Female , Male

