

October 29, 2024, [Worth the Sweat](#)

[WORTH THE SWEAT](#)

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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

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