



PRIORITY ONE ...CREATING A MORE COMFORTABLE YOU.

PRIORITY ONE FITNESS SHOW Strength Training Fitness series

The Priority One fitness show is designed to be 'just enough' for those new, or returning, to exercise. The Strength Training series is a low intensity exercise program which is practical for almost all fitness levels.

LIGHTS! CAMERA! ACTION!

The Priority One show will film on Fridays beginning in May.

Join us as a background participant!

Experience with free weights helpful.

What: You are invited to participate in the filming of one, or more, 30 min. episodes of our Strength Training fitness series. Space is limited to two participants per episode. Scheduling is required. Equipment is provided.

Who: Anyone comfortable being on camera. Participants must be 18 years of age or older. No speaking required. No routines to rehearse. Familiarity with free weights helpful, but not required. Previous 'on camera' experience also helpful, but not required.

Where: PPMtv television studios in Portsmouth, NH

When: We will be filming on Fridays, beginning May 5th. Filming will take place between 11:30a and 1:30p. Scheduling is required.

ARE YOU A VETERAN? Episodes filmed on 6/16 will be dedicated to raising veteran awareness. We are looking for veterans to participate in these episodes. If you're interested, please email.

Have questions? Want to join us?

Email: alexis@priorityone.us

See clips of previous shows:

www.priorityone.us

Participants will receive additional details once scheduled.