



Airs Week Of:
16-Feb-26

CLOSED CAPTIONED
TV-PG

EPISODE # 474

		SEGMENT	RUN
	OPENING / SEGMENT ONE	08:49	00:00
	COMMERCIAL BREAK ONE □	02:30	08:49
2:00	LPEG25358H	LEGXERCISE 800-450-5358	
:30	<i>Black For Local</i>		
	SEGMENT TWO	05:53	11:19
	COMMERCIAL BREAK TWO □	02:30	17:12
:60	ELDB606495H	ELLIPSE_ EXERCISE EQUIPMENT 1-800-397-6495	
1:30	<i>Black For Local</i>		
	SEGMENT THREE	03:33	19:42
	COMMERCIAL BREAK THREE	02:00	23:15
:30	6002439068H	Smileactives 1-800-397-9068	
1:30	<i>Black For Local</i>		
	SEGMENT FOUR (CLOSING CREDITS)	04:15	25:15
		TOTAL RUNNING TIME:	29:30

Please contact B.C. (bcelello@pmi.tv) or JOHN (jmorrow@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/nashville-insider/>