



Airs Week Of:
16-Feb-26

CLOSED CAPTIONED
TV-PG

EPISODE # 474

	<u>SEGMENT</u>	<u>RUN</u>
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/>