

Community Issues Program List

January through April 2009

All times are Central Time Zone.

All programs are 30 min. except

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*those times with an ** after the time, which are 15 minutes.*

Date	Time	Program	Talent	Description
1/1/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez show exercise techniques for training with a partner.
1/2/2009	01:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
1/2/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for
1/2/2009	12:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
1/2/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	For those who are a "Gluten for Punishment," Curtis and Paula Eakins discuss.
1/4/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with depression.
1/4/2009	11:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
1/4/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss what is true love.
1/5/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
1/5/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
1/5/2009	13:30:00	Abundant Living	Paula and Curtis Eakins	Curtis and Paula Eakins cook up a yummy but healthy dinner for two.
1/5/2009	14:00:00	Body and Spirit	Dick Nunez *, Jane Baker	Dick Nunez with Jane Baker discusses training for seniors as well as demonstrates exercise routines.
1/6/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss diabetes and ways to control it.
1/6/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Jonathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
1/6/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
1/6/2009	13:30:00	Let's Cook Together	Jill Morikone *, Bev Cook	Jill Morikone and Bev Cook demonstrate preparing a quick lunch.
1/6/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health.

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Date	Time	Program	Talent	Description
1/7/2009	01:00:00 *	3ABN Today	Micheff Sisters *, Laurie Snyman and Connie Vail	The Micheff Sisters with Laurie Snyman and Connie Vail present fast and healthy cooking ideas.
1/7/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson demonstrate exercise routines for help with arthritis.
1/7/2009	08:00:00 *	3ABN Today	Micheff Sisters *, Laurie Snyman and Connie Vail	The Micheff Sisters with Laurie Snyman and Connie Vail present fast and healthy cooking ideas.
1/7/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
1/7/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
1/7/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunez with Jane Baker and Brittany Nunez demonstrate exercise routines to help with osteoporosis.
1/7/2009	15:00:00 *	3ABN Today	Micheff Sisters *, Laurie Snyman and Connie Vail	The Micheff Sisters with Laurie Snyman and Connie Vail present fast and healthy cooking ideas.
1/7/2009	21:00:00 *	3ABN Today	Micheff Sisters *, Laurie Snyman and Connie Vail	The Micheff Sisters with Laurie Snyman and Connie Vail present fast and healthy cooking ideas.
1/8/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss reproductive health.
1/8/2009	04:00:00	Health for a Lifetime	Don Mackintosh, Skip MacCarty	Don Mackintosh and Skip MacCarty discuss "The Stress Tank."
1/8/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Omar Mosquera	Dick Nunez with Omar Mosquera and Brittany Nunez demonstrate exercise routines to help with auto-immune disorders.
1/8/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
1/8/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton cook up some soup and fixin's.
1/8/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson demonstrate exercise routines for strength training for women.
1/8/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
1/9/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Frasier and Cindy Hanson discuss migraine headaches and demonstrate exercise routines to help with migraines.
1/9/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss high blood pressure.

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Date	Time	Program	Talent	Description
1/9/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the "Cancer Fighters."
1/11/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunex with Alex Hinez and Jonathon Hopkins demonstrate exercise routines for abdominal training.
1/11/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss developing respect.
1/11/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss high blood pressure.
1/12/2009	02:00:00	Up Close	Shelley Quinn	Shelly Quinn with quests discuss balancing work and family.
1/12/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunex with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
1/12/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss high blood pressure.
1/12/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression" and unveiling the culprits.
1/12/2009	14:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunex with Omar Mosquera and Jane Baker discuss vegetarianism and demonstrate exercise routines for health.
1/13/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss high blood pressure.
1/13/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Omar Mosquera	Dick Nunex with Alex Hinez and Omar Mosquera demonstrate exercise routines to help with neck pain.
1/13/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.
1/13/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate some lunch alternatives.
1/13/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunex with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
1/14/2009	01:00:00	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing global soups.
1/14/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunex with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
1/14/2009	08:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing global soups.
1/14/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss cultivating restraint.
1/14/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression's Drugs" and alternatives.

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Date	Time	Program	Talent	Description
1/14/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Dick Nunex with Brittany Nunez and Jonathon Hopkins demonstrate exercise routines to help with obesity.
1/14/2009	15:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing global soups.
1/14/2009	21:00:00 *	3ABN Today	Micheff Sisters	The Micheff Sisters demonstrate preparing global soups.
1/15/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss the problems of overweight.
1/15/2009	06:00:00	Body and Spirit	Dick Nunez *, Jane Bake	Dick Nunex with Jane Baker demonstrate exercise routines to help with knee pain.
1/15/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. BernellBaldwin and Roby Ann Sherman bringa short Health News Headline of current importance.
1/15/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marvella Burton	Jill Morikone and Marvella Burton demonstrate preparing a quick dinner.
1/15/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunex with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.
1/15/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss cultivating restraint.
1/16/2009	06:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez and helpers show aerobics exercises for health.
1/16/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.
1/16/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss balancing work and family.
1/16/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression."
1/18/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunez with Alex Hinez and Jonathon Hopkins demonstrate 10-sec training exercises
1/18/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss cultivating restraint.
1/18/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.
1/19/2009	02:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
1/19/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, , Rich Kollenberg , Susan Kollenberg	Cheri Peters with Rich and Susan Kollenberg chat seriously about "Break through the Meth."
1/19/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises to control stress.
1/19/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.

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Date	Time	Program	Talent	Description
1/19/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression." (Part 2)
1/19/2009	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Brittany Nunez	Dick Nunex with Alex Hinez and Brittany Nunez demonstrate exercise routines for lower back training.
1/19/2009	18:00:00	Health for a Lifetime	Don Mackintosh, Skip MacCarty	Don Mackintosh and Skip MacCarty discuss stress and relaxation.
1/20/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss obesity.
1/20/2009	06:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Omar Mosquera	Dick Nunex with Omar Mosquera and Brittany Nunez demonstrate exercise routines for health.
1/20/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
1/20/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare a "Taste of Heaven" breakfast.
1/20/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help.
1/21/2009	01:00:00 *	3ABN Today	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate gluten-free cooking
1/21/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows simple exercises helpful for those with joint problems.
1/21/2009	08:00:00 *	3ABN Today	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate gluten-free cooking
1/21/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
1/21/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the "Blues."
1/21/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jonathon Hopkins	Training for Young People is the topic talked about by Dick Nunez. Appropriate and safe exercises are demonstrated by Dick with helpers Brittany Nunez and Jonathon Hopkins.
1/21/2009	15:00:00 *	3ABN Today	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate gluten-free cooking
1/21/2009	21:00:00 *	3ABN Today	Jill Morikone *, Monica Campbell	Jill Morikone and Monica Campbell demonstrate gluten-free cooking
1/22/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss cancer.
1/22/2009	04:00:00	Health for a Lifetime	Don Mackintosh , Skip MacCarty	Don Mackintosh and Skip MacCarty discuss stress and relaxation.
1/22/2009	06:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez , Jane Baker	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.

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1/22/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
1/22/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some garden pasta soup and more.
1/22/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows compression exercises to help with osteoporosis.
1/22/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
1/22/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, , Rich Kollenberg , Susan Kollenberg	Cheri Peters with Rich and Susan Kollenberg chat seriously about "Break through the Meth."
1/23/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
1/23/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
1/23/2009	12:00:00 *	Up Close	Gerard McLane	Gerard McLane reviews obesity and diet.
1/25/2009	06:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jane Baker	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
1/25/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of establishing our roles in marriage.
1/25/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.
1/25/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
1/26/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.
1/26/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez with helpers shows aerobics exercises designed for Baby Boomers.
1/26/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
1/26/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianiam.
1/26/2009	14:00:00	Body and Spirit	Dick Nunez *, Jane Baker , Jonathon Hopkins	Dick Nunez show exercises for body toning. Dick is assisted by Jane Baker and Jonathon Hopking.

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Date	Time	Program	Talent	Description
1/26/2009	18:00:00	Health for a Lifetime	Allan Handysides , Don Mackintosh	Allan Handysides and Don Mackintosh discuss AIDS in Africa.
1/27/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss vitamins and supplements.
1/27/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins , Omar Mosquera	Dick Nunez, Jonathon Hopkins and Omar Mosquera show exercise routines for shoulder training.
1/27/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss helps for back pain releif.
1/27/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" tofu dishes.
1/27/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
1/28/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Mrs. Ford	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
1/28/2009	10:00:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
1/28/2009	14:00:00	Body and Spirit	Dick Nunez *, Alex Hinez , Jonathon Hopkins	Dick Nunex, Jonathon Hopkins and Omar Mosquera demonstrate healthful body exercises.
1/29/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller and Wynn Horsely discuss helps for back pain releif.
1/29/2009	04:00:00	Health for a Lifetime	Allan Handysides , Don Mackintosh	Allan Handysides and Don Mackintosh discuss AIDS in Africa.
1/29/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	Dick Nunex, Jonathon Hopkins and Brittany Nunez show body exercises and explain how they work.
1/29/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. BernellBaldwin and Roby Ann Sherman bringa short Health News Headline of current importance.
1/29/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" Mexican dishes.
1/29/2009	14:00:00	Body and Spirit Aerobics	Brittany Nunez , Dick Nunez , Rick Nunez	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
1/29/2009	14:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
1/29/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, David Parnell	Cheri Peters and David Parnell offer some "plain talk" about facing the facts and seeing the truth.

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1/30/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, with helpers, demonstrate beginning exercising.
1/30/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
1/30/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - "Without the Bologna."
2/1/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Brittany Nunez	Dick Nunex with Kyle Gabbert and Brittany Nunex demonstrate fitness exercises for young people.
2/1/2009	12:30:00	Marriage in God's Hands	Alane Waters , Tom Waters	Tom and Alane Walters discuss aspects of finding forgiveness.
2/1/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
2/2/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2/2/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard.
2/2/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
2/2/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for "Picnic Time."
2/2/2009	14:00:00	Body and Spirit	Dick Nunez *, Johnathon Hopkins & Leif Sjoren	Dick Nunex with Johnathon Hopkins and Leif Sjoren discuss and demonstrate how to preclude heart disease through proper exercise.
2/2/2009	18:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss water as needed for health.
2/3/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss metabolic syndrome.
2/3/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Jonathon Hopkins	Dick Nunez with helpers Kyle Gabbert and Jonathon Hopkins show a high-Intensity workout for those who are ready.
2/3/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2/3/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" stir-fry dishes.
2/3/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
2/4/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.

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2/4/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2/4/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
2/4/2009	14:00:00	Body and Spirit	Dick Nunez *, Brittany Nunez & Steven Lingenfelter	Dick Nunez with helpers Brittany Nunez and Steven Lingenfelter demonstrate how to exercise but avoid the pitfalls of overtraining.
2/5/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 1)
2/5/2009	04:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss water as needed for health.
2/5/2009	06:00:00	Body and Spirit	Dick Nunez *, Amy Andersen & Jonathon Hopkins	Dick Nunez with Amy Andersen and Jonathon Hopkins demonstrate exercise and discuss Eating Disorders
2/5/2009	11:30:00 **	Health Headlines	Bernell Baldwin and Roby Ann Sherman	Drs. Bernell Baldwin and Roby Ann Sherman bring a short Health News Headline of current importance.
2/5/2009	13:30:00	Let's Cook Together	Jill Morikone *, Kyong Weathersby	Jill Morikone and Kyong Weathersby prepare some "Taste of Heaven" patties.
2/5/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises for women.
2/5/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2/6/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
2/6/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2/6/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones with guests discuss recovering from the pain of divorce.
2/6/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the "Cancer Fighters."
2/8/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2/8/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss things that go into making healthy marriages
2/8/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2/9/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez, Kyle Gabbert and Luther Whiting demonstrate exercises that are appropriate with diabetes.
2/9/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.

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Date	Time	Program	Talent	Description
2/9/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression" and unveiling the culprits.
2/9/2009	14:00:00	Body and Spirit	Dick Nunez *, Art Garner & Betty Garner	Dick Nunez, with assistants Art and Betty Gamer, demonstrate exercise for Seniors.
2/9/2009	18:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss different aspects of the food we eat.
2/10/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss atherosclerosis.
2/10/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Leif Sjoren	Dick Nunez, Kyle Gabbert and Leif Sjoren show the types of exercise appropriate for those with Asthma.
2/10/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 2)
2/10/2009	13:30:00	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and Ozella Head discuss and demonstrate preparing "Breakfast on the Go."
2/10/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate exercises that can be done in the comfort of your own home.
2/11/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunez and helpers demonstrate simple home exercises to help reverse heart disease.
2/11/2009	08:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins present preparing food for picnic time.
2/11/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2/11/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression's Drugs" and alternatives.
2/11/2009	14:00:00	Body and Spirit	Dick Nunez *, Art Garner	Dick Nunez and Art Gamer show exercises for Senior Men.
2/11/2009	15:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins present preparing food for picnic time.
2/11/2009	21:00:00 *	3ABN Today	Curtis Eakins , Paula Eakins	Curtis and Paula Eakins present preparing food for picnic time.
2/12/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss skeletal problems. (Pt. 2)
2/12/2009	04:00:00	Health for a Lifetime	Allan Handysides , Don Mackintosh	Allan Handysides and Don Mackintosh discuss different aspects of the food we eat.
2/12/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert & Luther Whiting	Exercise can boost metabolism. Dick Nunez, Kyle Gabbert and Luther Whiting show how its done.

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Date	Time	Program	Talent	Description
2/12/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
2/12/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple family dinner.
2/12/2009	14:00:00	Body and Spirit Aerobics	Becky Garber , Dick Nunez , Fred Garber	Dick Nunez and helpers demonstrate simple home exercises focused on Ab training.
2/12/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2/13/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers discuss and demonstrate choosing the right workout.
2/13/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2/13/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression."
2/15/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins & Brittany Nunez	For lower back problems, Dick Nunez shows exercises that will help. Assisting are Jonathon Hopkins and Brittany Nunez.
2/15/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about dysfunctional family patterns.
2/15/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2/16/2009	02:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2/16/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Barb Wise , Rick Wise	Cheri Peters with Barb and Rick Wise discuss HIV with love behind it.
2/16/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers demonstrate simple home exercises to reduce neck pain.
2/16/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2/16/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression." (Part 2)
2/16/2009	14:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Brittany Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2/16/2009	18:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss Women's Health Issues.

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Date	Time	Program	Talent	Description
2/17/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss the effects of sugar on your health.
2/17/2009	06:00:00	Body and Spirit	Dick Nunez *, Amy Anderson and Leif Sjoren	Temdon injury can be helped with proper exercise. Dick Nunez with Amy Anderson and Leif Sjoren show how.
2/17/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss diabetes.
2/17/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a simple "Fish" dinner.
2/17/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.
2/18/2009	06:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez and helpers shows simple home exercises and addresses the subject of Cancer.
2/18/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "Progressive Marriages."
2/18/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the "Blues."
2/18/2009	14:00:00	Body and Spirit	Dick Nunez *, Amy Anderson and Brittany Nunez	Dick Nunez and helpers demonstrate simple home exercises to promote fitness for teenage girls
2/19/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller , Wynn Horsely	Dr. Agatha Thrash with Don Miller discuss diabetes.
2/19/2009	04:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss Women's Health Issues.
2/19/2009	06:00:00	Body and Spirit	Dick Nunez *, Jonathon Hopkins and Leif Sjoren	Dick Nunez with Jonathon Hopkins and Leif Sjoren demonstrate exercises for straight training.
2/19/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
2/19/2009	13:30:00	Let's Cook Together	Jill Morikone *, Ozella Head	Jill Morikone and Ozella Head demonstrate preparing a "Barbecue-style" picnic lunch
2/19/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez , Fred Garber , Matthew Hard	Dick Nunez and helpers shows simple home exercises and discusses the subject of fats.
2/19/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "Progressive Marriages."
2/19/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Barb Wise , Rick Wise	Cheri Peters with Barb and Rick Wise discuss HIV with love behind it.
2/20/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Dick Nunex with Brittany Nunex and Jane Baker demonstrate exercise routines especially for Women.

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Date	Time	Program	Talent	Description
2/20/2009	12:00:00 *	Up Close	Shelley Quinn	Shelly Quinn with quests discuss dealing with loneliness.
2/22/2009	06:00:00	Body and Spirit	Dick Nunez *, Kye Gabbert and Luther Whiting	Dick Nunez and helpers demonstrate simple home exercises to help lessen the effects of arthritis.
2/22/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "Progressive Marriages."
2/23/2009	02:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2/23/2009	06:00:00	Body and Spirit Aerobics	Becky Garber , Brittany Nunez , Dick Nunez	Getting enough of the proper rest is as import as proper exercise. Dick Nunez discusses and leads exercise routings with Jane Baker and Jonathon Hopkins
2/23/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianiam.
2/23/2009	14:00:00	Body and Spirit	Dick Nunez *, Betty Garner	Dick Nunez with helpers shows compression exercises to help with osteoporosis
2/23/2009	18:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss Heart Health.
2/24/2009	06:00:00	Body and Spirit	Dick Nunez *, Kyle Gabbert and Steven Lingenfelter	Dick Nunez and helpers show simple home exercises to help reduce hypertension.
2/24/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss fatigue.
2/24/2009	14:00:00	Body and Spirit Aerobics	Andrew Hard , Dick Nunez , Rick Nunez	Dick Nunez discusses cholesterol. With Jonathon Hopkins and Brittany Nunez he leads you through exercises to help lower bad cholesterol.
2/25/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Richard Nelson	Dick Nunez and helpers demonstrate exercises for the Vision Impared.
2/25/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2/25/2009	14:00:00	Body and Spirit	Dick Nunez *, Art Garner and Brittany Nunez	Dick Nunez and helpers show simple home exercises to promote fitness for everyone.
2/26/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss fatigue.
2/26/2009	04:00:00	Health for a Lifetime	Allan Handysides, Don Mackintosh	Allan Handysides and Don Mackintosh discuss Heart Health.
2/26/2009	06:00:00	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers show aerobics exercises for health.
2/26/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."

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Date	Time	Program	Talent	Description
2/26/2009	13:30:00	Let's Cook Together	Jill Morikone , Ozella Head	Jill Morikone and OzellaHead make up some dairy-free deserts and cheeses.
2/26/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Hopkins and Megan Frasier	Dick Nunez with Jonathan Hopkins and Megan Frasier demonstrate exercises for youth fitness.
2/26/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
2/27/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Janet Nelson	Dick Nunez with Richard Nelson and Janet Nelson demonstrate exercises to help with heart disease.
2/27/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
2/27/2009	12:00:00 *	Up Close	Marti Jones	Marti Jones talks about dealing with death.
2/27/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - "Without the Bologna."
3/1/2009	06:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate exercises especially for woman.
3/1/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about different conflicts in marriage.
3/1/2009	18:00:00	Hope On Fire	Sabine Vatel *, Rick Mann , Roberta Fish	Sabine Vatel, Rich Mann and Roberta discuss living through the pain of a loss
3/1/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
3/2/2009	02:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
3/2/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, C A Murray	Cheri Peters with C.A. Murray bring highlights from Season 4 of Celebrating Life in Recovery.
3/2/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines to help with a woman's "weak link."
3/2/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
3/2/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for "Picnic Time."
3/2/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with Greg Morikone and John Leaman demonstrate exercise routines designed to help with posture.
3/2/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Premature Birth, STDs, and other health topics.

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Date	Time	Program	Talent	Description
3/3/2009	00:00:00	Hope On Fire	Sabine Vatel *, Rick Mann , Roberta Fish	Sabine Vatel, Rich Mann and Roberta discuss living through the pain of a loss
3/3/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss your immune system and cancer.
3/3/2009	06:00:00	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	Dick Nunez with helpers discusses "fitness level" and demonstrates exercises to help.
3/3/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss vegetarian diets.
3/3/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Megan Frasier	Dick Nunez with Jonathan Babb and Megan Frasier demonstrate exercise routines to help with knee pain.
3/4/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Jonathon Hopkins	Dick Nunez with Jonathan Babb and Jonathon Hopkins show exercises with aerobic intensity.
3/4/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
3/4/2009	13:00:00	Hope On Fire	Sabine Vatel *, Rick Mann , Roberta Fish	Sabine Vatel, Rich Mann and Roberta discuss living through the pain of a loss
3/4/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins cook up a grab bag delight.
3/4/2009	14:00:00	Body and Spirit	Barbara Nolen , Dick Nunez , Michael Webb	Dick Nunez with Barbara Nolen and Michael Webb show general exercise routines.
3/5/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss vegetarian diets.
3/5/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Premature Birth, STDs, and other health topics.
3/5/2009	06:00:00	Body and Spirit	Dick Nunez , Susan Santos , Tammy Larson	Dick Nunez with helpers shows exercises for strength training for women.
3/5/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
3/5/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson	Dick Nunez and Janet Nelson show exercise routines for senior training.
3/5/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
3/5/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, C A Murray	Cheri Peters with C.A. Murray bring highlights from Season 4 of Celebrating Life in Recovery.
3/6/2009	03:30:00	Hope On Fire	Sabine Vatel *, Rick Mann , Roberta Fish	Sabine Vatel, Rich Mann and Roberta discuss living through the pain of a loss

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3/6/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins	Dick Nunez with Jonathon Hopkins show exercise routines for team training.
3/6/2009	10:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
3/6/2009	12:00:00 *	Up Close	Cheri Peters	Cheri Peters provides serious and direct talk about escaping Drug and Alcohol Addictions.
3/6/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins demonstrate cooking with the "Cancer Fighters."
3/8/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , John Leaman	Dick Nunez with helpers shows aerobics exercises designed for the elderly.
3/8/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith talk about seven costly mistakes parents make.
3/8/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Christian Berdahl	Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions.
3/8/2009	23:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
3/9/2009	02:00:00	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
3/9/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Christian Berdahl	Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions.
3/9/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Cindy Hanson	Dick Nunez with Janet Nelson and Cindy Hanson show exercise routines to help with fibromyalgia.
3/9/2009	07:30:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
3/9/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression" and unveiling the culprits.
3/9/2009	14:00:00	Body and Spirit	Dick Nunez , Ted Arview	Dick Nunez with Ted Arview demonstrate aerobics exercises designed strength training for seniors.
3/9/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Caffeine, Vitamin D, and Exercise.
3/10/2009	02:00:00	Wonderfully Made	Timothy Howe and Sheryl McWilliams	Timothy Howe and Sheryl McWilliams discuss making changes in your life for your health.
3/10/2009	06:00:00	Body and Spirit	Alex Walker , Dick Nunez , Kalie O'Brien	Dick Nunez with Alex Walker and Katie O'Briend demonstrate aerobics exercises for youth.
3/10/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss food in relation to aging.

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Date	Time	Program	Talent	Description
3/10/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson show exercise routines to help with lower back problems.
3/11/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunez with Jonathon Hopkins and Megan Frasier demonstrate exercise routines for strength training.
3/11/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression's Drugs" and alternatives.
3/11/2009	14:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Moses Primo Jr.	Senior Citizen Fitness involves appropriate exercising. Dick Nunez and helpers shows how.
3/12/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss food in relation to aging.
3/12/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Caffeine, Vitamin D, and Exercise.
3/12/2009	06:00:00	Body and Spirit	Dee Hilderbrand , Dick Nunez , Joe Carrell	Dick Nunez with Mrs. Ford shows and discusses Senior Exercise.
3/12/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
3/12/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunez with Janet and Richard Nelson demonstrate exercise routines for help with tendonitis.
3/12/2009	20:00:00 *	3ABN Today LIVE - 1st Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit.
3/12/2009	21:00:00 *	3ABN Today LIVE - 2nd Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit. (Second Hour.)
3/12/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Christian Berdahl	Cheri Peters with Christian Berdahl discuss breaking the cycle of addictions.
3/13/2009	01:00:00 *	3ABN Today LIVE - 1st Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit.
3/13/2009	02:00:00 *	3ABN Today LIVE - 2nd Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit. (Second Hour.)
3/13/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Megan Frasier	Dick Nunez with Cindy Hanson and Megan Frasier demonstrate exercise routines for help with depression.
3/13/2009	10:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.

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Date	Time	Program	Talent	Description
3/13/2009	12:00:00	Up Close	Neil Nedley MD	Dr. Neil Nedley offers serious and helpful ideas about dealing with depression.
3/13/2009	13:30:00	Abundant Living	Paula Eakins *, Curtis Eakins	Curtis and Paula Eakins discuss "Depression."
3/15/2009	06:00:00	Body and Spirit	Dick Nunez , Justin Walker , Kalie O'Brien	Dick Nunez with helpers show and talk about exercises for autoimmune disease.
3/15/2009	15:00:00 *	3ABN Today LIVE - 1st Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit.
3/15/2009	16:00:00 *	3ABN Today LIVE - 2nd Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit. (Second Hour.)
3/15/2009	23:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
3/16/2009	02:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
3/16/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Cheri Elledge , Joleen Neighboro , Misti Brockin	Cheri Peters, Cheri Elledge, Joleen Neighboro and Misti Brockin discuss "Girls' Night Out."
3/16/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Cindy Hanson and Jonathan Babb	Dick Nunez with Cindy Hanson and Jonathan Babb discuss the use of supplements and demonstrate exercise routines for health.
3/16/2009	07:30:00	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
3/16/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss "Depression." (Part 2)
3/16/2009	14:00:00	Body and Spirit	Dick Nunez , Mindy Kellum , Randi Brewer	Dick Nunez, with helpers, demonstrate beginning exercising.
3/16/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Diabetes, Cholesterol, and Strokes.
3/17/2009	02:00:00	Wonderfully Made	Don Morgan	Don Morgan discusses the importance of living a physically active life.
3/17/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Michael Webb	Dick Nunez shows how to tone your muscles. Helpers are Rick Nunex and Andrew Hard.
3/17/2009	08:00:00 *	3ABN Today LIVE - 1st Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit.
3/17/2009	09:00:00 *	3ABN Today LIVE - 2nd Hour	Dick Nunez *, Dan Gabbert , Michael Olivier	Dick Nunez with Dan Gabert and Michael Oliver discuss developing a sound body, mind and spirit. (Second Hour.)
3/17/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss cleanliness.

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Date	Time	Program	Talent	Description
3/17/2009	13:30:00	Let's Cook Together	Jill Morikone *, Marie McCalla	Jill Morikone and Marie McCalla show how to prepare some sweet treats with a twist.
3/17/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson discuss the subject of cholesterol and demonstrate exercise routines for health.
3/18/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathan Babb and Janet Nelson	Dick Nunez with Jonathon Babb and Janet Nelson discuss demonstrate exercises for the lower back challenge.
3/18/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/18/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss beating the "Blues."
3/18/2009	14:00:00	Body and Spirit	Dick Nunez , Miles Scruggs , Scott Tanner	Dick Nunez shows exercises geared as a workout for men. Helpers are Fred Garber and Matthew Hard.
3/19/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss cleanliness.
3/19/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Diabetes, Cholesterol, and Strokes.
3/19/2009	06:00:00	Body and Spirit	Dick Nunez , Elora Ford , Ethel Carlsson	For those that may be lower-body "challenged," Dick Nunez demonstrates simple exercises with Fred Garber.
3/19/2009	11:30:00	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
3/19/2009	13:30:00	Let's Cook Together	Irma Guerra-Murray *, Angela Poch	Irma Guerra-Murray and Angela Poch demonstrates lunch-box ideas.
3/19/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Cindy Hanson	Dick Nunez with Jonathon Hopkins and Cindy Hanson discuss the subject of protein and demonstrate exercise routines for health.
3/19/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/19/2009	20:00:00 *	3ABN Today LIVE - 1st Hour	Hans Diehl *, Caldwell Esselstyn Jr. , Rip Esselstyn	Dr. Hans Diehl with Caldwell Esselstyn Jr. and Rip Esselstyn discuss how to curb heart disease in "Putting Out the Fires."
3/19/2009	21:00:00 *	3ABN Today LIVE - 2nd Hour	Hans Diehl *, Janet Switzer , Sandra Kolliniatis	Dr. Hans Diehl with Janet Switzer and Sandra Kolliniatis discuss how to curb heart disease in "Putting Out the Fires."
3/19/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Cheri Elledge , Joleen Neighboro , Misti Brockin	Cheri Peters, Cheri Elledge, Joleen Neighboro and Misti Brockin discuss "Girls' Night Out."

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Date	Time	Program	Talent	Description
3/20/2009	01:00:00 *	3ABN Today LIVE - 1st Hour	Hans Diehl *, Caldwell Esselstyn Jr. , Rip Esselstyn	Dr. Hans Diehl with Caldwell Esselstyn Jr. and Rip Esselstyn discuss how to curb heart disease in "Putting Out the Fires."
3/20/2009	02:00:00 *	3ABN Today LIVE - 2nd Hour	Hans Diehl *, Janet Switzer , Sandra Kolliniatis	Dr. Hans Diehl with Janet Switzer and Sandra Kolliniatis discuss how to curb heart disease in "Putting Out the Fires."
3/20/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Bobby Jo Murphy	Dick Nunez with Janet Nelson and Bobby Jo Murphy discuss the subject of eating disorders and demonstrate exercise routines for health.
3/20/2009	10:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
3/20/2009	12:00:00 *	Up Close	Donna Teat	Donna Teat discusses issues of teenage pregnancy.
3/22/2009	06:00:00	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez and helpers demonstrate exercises and discuss the pitfalls of fad diets.
3/22/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/22/2009	15:00:00 *	3ABN Today LIVE - 1st Hour	Hans Diehl *, Caldwell Esselstyn Jr. , Rip Esselstyn	Dr. Hans Diehl with Caldwell Esselstyn Jr. and Rip Esselstyn discuss how to curb heart disease in "Putting Out the Fires."
3/22/2009	16:00:00	3ABN Today LIVE - 2nd Hour	Hans Diehl *, Janet Switzer , Sandra Kolliniatis	Dr. Hans Diehl with Janet Switzer and Sandra Kolliniatis discuss how to curb heart disease in "Putting Out the Fires."
3/22/2009	18:00:00	Hope On Fire	Rick Mann *, Barbara McCoy , Gregg Cain , Sabine Vatel	Rich Mann, Barbara McCoy, Gregg Cain and Sabine Vatel present "Motherhood 101"
3/22/2009	19:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Alta Austin	Cheri Peters and Alta Austin discuss "Lost Innocence."
3/22/2009	23:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
3/23/2009	02:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
3/23/2009	04:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Alta Austin	Cheri Peters and Alta Austin discuss "Lost Innocence."
3/23/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Richard Nelson	Dick Nunez with Jonathon Hopkins and Richard Nelson demonstrate exercise routines for help with arthritis.
3/23/2009	07:30:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
3/23/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss transitioning into Vegetarianism.

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3/23/2009	14:00:00	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises to help with Diabetes.
3/23/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Child IQ, Stroke, Heat Exhaustion and other health topics.
3/24/2009	02:00:00	Wonderfully Made	David DeRose and John Clark	David DeRose and John Clark discuss natural remedies research.
3/24/2009	06:00:00	Body and Spirit	Dick Nunez , Patricia Juarez , Tammy Larson	Dick Nunez with Patricia Juarez and Tammy Larson demonstrate more exercises for strength training for women.
3/24/2009	08:00:00	3ABN Today LIVE - 1st Hour	Hans Diehl *, Caldwell Esselstyn Jr. , Rip Esselstyn	Dr. Hans Diehl with Caldwell Esselstyn Jr. and Rip Esselstyn discuss how to curb heart disease in "Putting Out the Fires."
3/24/2009	09:00:00	3ABN Today LIVE - 2nd Hour	Hans Diehl *, Janet Switzer , Sandra Kolliniatis	Dr. Hans Diehl with Janet Switzer and Sandra Kolliniatis discuss how to curb heart disease in "Putting Out the Fires."
3/24/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss lifestyle and stress
3/24/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson demonstrate exercises routines for strength training for women.
3/24/2009	16:00:00	Hope On Fire	Rick Mann *, Barbara McCoy , Gregg Cain , Sabine Vatel	Rich Mann, Barbara McCoy, Gregg Cain and Sabine Vatel present "Motherhood 101"
3/25/2009	01:00:00	Hope On Fire	Rick Mann *, Barbara McCoy , Gregg Cain , Sabine Vatel	Rich Mann, Barbara McCoy, Gregg Cain and Sabine Vatel present "Motherhood 101"
3/25/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Megan Frasier and Cindy Hanson	Dick Nunez with Megan Fraiser and Cindy Hanson discuss migraine headaches and demonstrate exercises routines to help with migraines.
3/25/2009	10:00:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/25/2009	14:00:00	Body and Spirit	Dick Nunez , Michael Webb , Miles Scruggs	Dick Nunez with Michael Webb and Miles Scruggs demonstrate exercises for flexibility.
3/26/2009	02:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss lifestyle and stress
3/26/2009	04:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in Child IQ, Stroke, Heat Exhaustion and other health topics.
3/26/2009	06:00:00	Body and Spirit	Dick Nunez , Nicole Garcia	Dick Nunez and Nicole Garcia discuss eating disorders and demonstrate exercises for health.

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Date	Time	Program	Talent	Description
3/26/2009	11:30:00 **	Health Headlines	Dr. Bernell Baldwin and Dr. Roby Ann Sherman	Dr. Bernell Baldwin and Dr. Roby Ann Sherman bring another issue of "Health News."
3/26/2009	13:30:00	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
3/26/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Janet Nelson and Richard Nelson	Dick Nunex with Janet and Richard Nelson demonstrate exercise routines to help with neck pain.
3/26/2009	14:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/26/2009	23:00:00 *	Celebrating Life in Recovery	Cheri Peters *, Alta Austin	Cheri Peters and Alta Austin discuss "Lost Innocence."
3/27/2009	03:30:00	Hope On Fire	Rick Mann *, Barbara McCoy , Gregg Cain , Sabine Vatel	Rich Mann, Barbara McCoy, Gregg Cain and Sabine Vatel present "Motherhood 101"
3/27/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Bobby Jo Murphy and Jonathon Hopkins	Dick Nunex with Bobby Jo Murphy and Jonathon Hopkins demonstrate exercise routines to help with hypertension.
3/27/2009	12:00:00 *	Up Close	Kay Rizzo	Kay Rizzo offers a special discussion for the distressed. Is suicide really a way out?
3/27/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins discuss Protein - "Without the Bologna."
3/29/2009	06:00:00	Body and Spirit	Dick Nunez , John Dinzey , Tony Hall	Dick Nunez with John Dinzey and Tony Hall demonstrate exercises for Baby Boomers.
3/29/2009	12:30:00	Marriage in God's Hands	Alanzo Smith , June Smith	Alanzo and June Smith discuss "What Husbands want Wives to Know."
3/30/2009	02:00:00 *	Up Close	Kelly Dulac , Neil Nedley	Kelly Dulac and Neil Nedley discuss the process of change in one's life.
3/30/2009	06:00:00	Body and Spirit Aerobics	Dick Nunez *, Richard Nelson and Cindy Hanson	Dick Nunex with Richard Nelson and Cindy Hanson discusses motivation and demonstrates fitness exercises.
3/30/2009	13:30:00	Abundant Living	Curtis & Paula Eakins	Curtis and Paula Eakins demonstrate preparing food for "Picnic Time."
3/30/2009	14:00:00	Body and Spirit	Dick Nunez	Dick Nunez demonstrates exercises for the wheelchair bound.
3/30/2009	18:00:00	Health for a Lifetime	Don Mackintosh *, Dr. Neil Nedley	Dr. Neil Nedley and Don Mackintosh present studies in STDs, Secrets of Aging and other health topics.
3/31/2009	06:00:00	Body and Spirit	Dick Nunez , Greg Morikone , Scott Tanner	Dick Nunez with Greg Morikone and Scott Tanner demonstrate exercise routines designed for strength training.
3/31/2009	10:00:00	Help Yourself to Health	Agatha Thrash , Don Miller	Dr. Agatha Thrash with Don Miller discuss our eyes and ears.

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3/31/2009	13:30:00	Let's Cook Together	Jill Morikone *, Jennifer White	Jill Morikone and Jennifer White talk about and show some no-cook receipes.
3/31/2009	14:00:00	Body and Spirit Aerobics	Dick Nunez *, Jonathon Hopkins and Megan Frasier	Dick Nunex with Jonathon Hopkins and Megan Frasier discusses attitude and demonstrates fitness exercises.