

KRCB TELEVISION 22 PROGRAMMING

Health & Fitness

Wai Lana Yoga

Building upon the serenity and strength-inducing poses of previous seasons with an emphasis on not only feeling good, but looking good. This reaffirms yoga's muscle-toning benefits while highlighting several stretches and twists designed to cleanse the body's internal systems.

Priscilla's Yoga Stretches

Host Priscilla Patrick of *Priscilla's Yoga Stretches* has been practicing yoga for nearly 30 years, teaching on television and conducting classes in her studio in Columbia, South Carolina. Priscilla's Yoga Stretches provides yoga stretches that meet the needs of many, from athletes using the stretching to warm muscles and increase flexibility.

Healthy Body, Healthy Mind

Healthy Body, Healthy Mind, the powerful and informative health and wellness series that is both uplifting and energizing. It explores the personal side of health breakthroughs in treatment, prevention, and research told through the real stories of doctors and patients. Hosted by Dr. Perry Krichmar, Cardiology/Internal Medicine.

Body Electric

Host Margaret Richards' unique style of strenuous, but non-impact workouts combine the artistic elements of dance and the athletic benefits of exercise, with an emphasis on enjoyment.

Sit and Be Fit

Gentle exercise for seniors and those with physical limitations. Host Mary Ann Wilson, R.N., nationally recognized leader in the field of senior fitness, creates a teaching format that is encouraging and fun.

Keeping Kids Healthy

Taped at the Children's Hospital at Montefiore in New York City, the Emmy-winning *Keeping Kids Healthy* is filled with both compelling medical information and touching stories of families whose lives have been impacted by wide-ranging health and parenting issues. Nationally recognized health professionals join Dr. Winnie King for informative in-studio discussions that address the human side of each issue.

Second Opinion

Host, Dr. Peter Salgo is one of the country's most respected health care professionals. Specializing in the pre- and post-operative treatment of heart patients, heart transplant recipients and artificial heart candidates, he maintains a full time practice in Intensive Care Medicine in the Open Heart ICU at Columbia.

Disabilities Today

Disabilities Today is a positive, informative, resource for persons with disabilities, by providing current information regarding rehabilitation trends, technological advances, travel, recreation, and community based opportunities for persons or families with disabilities. It is estimated that 80% of American families will acquire some type of disability at some point in their lifetime.

