Kenya

Gear Up

Genre	Home Fitness Show
No. of episodes	Ongoing
Dur. / episode	1 Hour
Language of the programme	English and Swahili
On-air since	2008
Freq. of broadcast	4
Org. broadcast time	18H00 Monday – Thursday
Rpt. Broadcast time(s)	N/A
Target audience - gender	M-F
Target audience – age group	23- 45
Target audience – income group	Middle
Synopsis	Helps you keep fit at home using musical dance activities such as Zumba to Aerobics to get into the shape that you desire.