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PLAN FOR FITNESS EXPANDS TO “ON THE WORLD BEAT TV”

Radio fitness expert Debra Vadala now brings her mission of health, hope and compassion to internet television audience

PALM BEACH, FLA. (August 30, 2011) – Radio host and fitness expert Debra Vadala is taking her popular radio show, “Plan for Fitness,” to an internet television audience via Hallan Daphnis’ “On the World Beat.” Taped live on Fridays at busy venues in the West Palm Beach area, Vadala introduces compelling guests and offers the same brand of caring, responsible advice and solutions as her radio fans have come to expect.

Vadala’s segments on “On the World Beat” can be accessed on YouTube WOTMRTV’s Channel or by clicking the links on the “On the Air” tab at www.planforfitnessradio.com, the consumer portal for Vadala’s informative radio hour.

“Plan for Fitness” targets a health-conscious audience with shows on nutrition, joint health, diabetic and cardiac rehabilitation, dietary supplements, sexual Intimacy, spirituality, ecology, self-esteem and much more. Since launching “Plan for Fitness” on WBZT 1230 THE TALK STATION on ClearChannel Radio more than a year ago, Vadala’s guests have included private investigator Scott Bernstein, world-renowned as The American Bounty Hunter, with intelligence on how to identify and apprehend fugitives; Fashion Designer Lorain Croft about dressing for a positive body image, and Dr. Peter Bruno, internist for the New York Knickerbockers, the New York Yankees and the New York Liberty, on protecting your joints.

“Innovative mediums such as YouTube and the online virtual world of Second Life are the new frontiers of broadcast,” noted Vadala. “I’ve always been committed to reaching those who desire more than just exercise or nutrition advice. ‘Plan for Fitness’ is all about encouragement and hope, and I’m determined to reach people who need to hear those positive messages via whatever medium they’re tapped into.”

In addition to hosting her show on “On the World Beat,” the certified personal trainer, holistic therapist and physical therapy aide passionately supports veterans and community events in South Florida by making personal appearances.

“Plan for Fitness” welcomes new sponsors. More information can be found at www.planforfitnessradio.com or by calling 561-856-0100.

About Debra Vadala's Plan for Fitness

Debra Vadala has always been passionate about helping people to be healthy and fit at any age. With a background as a certified personal trainer, holistic therapist and physical therapy aide, Debra's training and experience has included work as a fitness club manager and fitness consultant, working with pediatric to geriatric clients. She's worked with clients on weight loss (or gain), meal planning, and even insurance credentialing and claims recovery. She currently provides customized nutritional consultations on a one-on-one basis in the Palm Beach, Fla., area. Communication and education is of paramount importance to her mission, and she has used the medium of radio to deliver her message of hope. Debra first launched "Plan for Fitness" on WBZT 1230 THE TALK STATION on ClearChannel Radio in 2009 after co-hosting a political show in 2008 in with the late Clayton Willis. "As a long-time presidential reporter, Clayton was an important mentor who taught me many things about radio," she says. "When he became ill, I would visit him in the hospital and nursing home, and when he passed, I had the honor of retiring his show." With a tireless work ethic, Debra has expanded "Plan for Fitness Radio" beyond audio to empower her audience to educate themselves, take responsibility for their health and fitness, and make a commitment to do everything it takes to live the lives they desire and deserve. National and local sponsors are welcome to join her on this mission. For more information, visit www.planforfitnessradio.com.

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