

Tosca Reno's
EAT-CLEAN DIET
Appearances

Television Appearances

DATE	CHANNEL	SHOW	LOCATION
22-Jan-07	City-TV	Breakfast Television	Toronto, ON
22-Feb-07	City-TV	Perfect Fit	Toronto, ON
9-Mar-07	ABC WKBW	PM Buffalo	Buffalo, NY
3-Apr-07	ABC KGO-SF	The View From the Bay	San Francisco, CA
3-Apr-07	NBC KNTV SAN JOSE	Bay Area Today	San Jose, CA
16-Apr-07	WFAA-TV	Good Morning Texas	Dallas, TX
17-Apr-07	Fox Affiliate KDFW-TV	Good Day Dallas	Dallas, TX
3-May-07	Fox News Channel	Fox & Friends	New York, NY
14-June-07	Global CHCH	CH Lifestyle	Hamilton, ON
18-June-07	Fox WAGA	Good Day Atlanta	Atlanta, GA
19-June-07	CBS WTVF	Talk of the Town	Nashville, TN
19-June-07	NBC WSMV	More at Midday	Nashville, TN
27-June-07	CTV	Final Round	Kitchener, ON
4-July-07	CityTV	Breakfast Television	Calgary, AB
9-July-07	CityTV	Breakfast Television	Edmonton, AB
10-July-07	KOMO-TV ABC Affiliate	Northwest Afternoon	Seattle, WA
11-July-07	Shaw	Urban Rush	Vancouver, BC
11-July-07	CityTV	Breakfast Television	Vancouver, BC
12-July-07	CityTV	Breakfast Television	Winnepeg, MB
14-July-07	SCAN TV	Being in Seattle	Seattle, WA
9-Sept-07	WNBC TV	Weekend Today In New York	New York, NY
10-Sept-07	Fox News Channel	Health Tips Segment	New York, NY
28-Sept-07	NBC	Newschannel 5	West Palm Beach, FL
1-Oct-07	Syndicated	Daytime	Tampa, FL
2-Oct-07	Fox	Fox Morning Show	Tampa, FL
1-Nov-07	City TV	Perfect Fit with Tanya Rouse	Toronto, ON
8-Nov-07	WKBW	AM Buffalo and PM Buffalo	Buffalo, NY
12-Nov-07	WGN	WGN Noon News/Medical	Chicago, IL
23-Nov-07	CityTV	Breakfast Television	Toronto, ON
23-Nov-07	CityTV	Perfect Fit with Tonya Rouse	Toronto, ON
10-Dec-07	Syndicated	Daytime	Tampa, FL
10-Dec-07	WTVT-TV	Medical Report	Tampa FL
11-Dec-07	WTSP-TV	Studio 10	Tampa/St. Petersburg, FL
12-Dec-07	WUSA-TV	9 News Now at 9 AM	Washington, DC
12-Dec-07	Retirement Living TV	Daily Caf�e	Washington, DC
9-Jan-08	KAZT-TV	AM Arizona	Prescott, AZ
10-Jan-08	KNXV-TV	Sonoran Living	Phoenix, AZ
11-Jan-08	KTVK-TV	Good Morning Arizona	Phoenix, AZ
12-Feb-08	KATU-TV ABC Affiliate	AM Northwest	Portland, OR

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20-Feb-08	CBS	The Montel Williams Show	New York, NY
12-Sep-08	City-TV	Breakfast Television	Toronto, ON
9-Oct-08	WWJ-TV (CW50)	Street Beat	Detroit, MI
9-Oct-08	WJBK-TV (Fox Affiliate)	Fox 2 News at 11	Detroit, MI
15-Oct-08	FamilyNetTV	Mornings	FamilyNet.com
12-Jan-09	CTV Newsnet	CTV Newsnet	Across Canada
23-Jan-09	CTV	CTV News at Noon	Ontario, Canada
18-Feb-09	Syndicated	Extra	Across North America
27-Feb-09	KPTV-FOX TV	Better Show	Portland, OR
6-Mar-09	WTTE/Fox TV	Good Day Columbus	Columbus, OH
6-Mar-09	WBNS/CBS TV	Commit to be Fit	Columbus, OH
7-May-09	VIVA/W Network	The Tosca Series	Across Canada

Radio Appearances

DATE	CHANNEL	SHOW	LOCATION
6-Dec-06	Greenstone Radio Network	n/a	n/a
12-Jan-07	KMED	Bill Meyer	Medford, OR
12-Jan-07	WBPH	Toni and Gary	Huntsville, AL
12-Jan-07	WJBO	Matthew Kennedy & Kevin Meeks	Baton Rouge, LA
12-Jan-07	WNDB-AM 1150	The Marc Bernier Show	Daytona Beach, FL
12-Jan-07	WSAU Radio	Pat Snyder	Wausau, WI
7-Feb-07	WBIX Boston	n/a	Boston, MA
23-Mar-07	Lime & Sirius Satellite Radio	The Good Life Show	National
26-Mar-07	WBBM-FM	Chicago Connection	Chicago, IL
27-Mar-07	Sirius Satellite	Doug Stephan	n/a
31-Mar-07	WERE-AM	Maury's Market	Cleveland, OH
1-Apr-07	Sirius	America Tonight	n/a
10-Apr-07	Lime & Sirius Satellite Radio	Positively Incorrect	National
11-Apr-07	Health & Lifestyle Radio Network	The Michael Dresser Show	National
19-Apr-07	WFHN-FM	J.R. & Sharon In The Morning	Fairhaven, MA
20-Apr-07	Sirius Satellite Radio Channel 161	Mornings With Lorri & Friends	National
23-Apr-07	KCMN-AM	Tron Talk	Colorado Springs, CO
23-Apr-07	LifestyleTalkRadio.com	Frankie Boyer Lifestyle Show	Syndicated
23-Apr-07	WCBQ/WHNC-AM	The Alvin Augustus Jones Show	Oxford, NC
8-May-07	Jones Radio Network	Good Time Oldies	Syndicated
8-May-07	WSBR-AM	Ron Van Dam Show	Boston, MA
26-May-07	ValderBeebeShow.com	The Valder Beebe Show	Internet Radio
28-May-07	KEEL-AM	Strategies for Living	Shreveport, LA
30-May-07	WHKW-AM	Family Matters Radio	Cleveland/Akron, OH

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7-Jun-07	WFHN-FM	.R. & Sharon In The	Fairhaven, MA
5-Jul-07	WCMY-AM	Morning Meeting	Ottawa, IL
5-Jul-07	Syndicated	The Rolanda Watts Show	Syndicated
5-Jul-07	WJBW-AM	Mom Talk Radio	Jupiter, FL
6-Jul-07	VoiceAmerica Internet Radio	Total Fitness Radio	n/a
15-Jul-07	WKRC-AM	Healthy Stuff	Cincinnati, OH
18-Jul-07	WSB AM	Parenting Solutions	Atlanta, GA
23-Jul-07	CRN Cable Radio Network	The AM Show	National
12-Aug-07	WKRC-AM	The Healthy Stuff	Cincinnati, OH
6-Sept-07	WeightlossRadio.Blogspot.com (Internet Radio)	Dr. Fitness & The Fat Guy	National
8-Sept-07	WWDB-AM	NationalWellness, Wholeness & Wisdom	Philadelphia, PA
3-Oct-07	CKWR FM	KW Magazine	n/a
26-Oct-07	VoiceAmerica Internet Radio	Total Fitness Radio	Internet Radio
9-Nov-07	MomsTown.com	Total Fitness Radio	Internet Radio
14-Nov-07	WSBR-AM	Ron Van Dam Show	Boston, MA
16-Nov-07	Sirius Satellite Radio Channel 161	Mornings with Lorri & Friends	National
17-Nov-07	WERE-AM	Maury's Market	Cleveland, OH
21-Nov-07	KCMN-AM	Tron Talk	Colorado Springs, CO
4-Dec-07	WDDD-AM	Back Talk	Marion, IL
14-Dec-07	KUDL-FM	Sunday Magazine	Kansas City, MO
14-Jan-08	WICC-AM	Talk of the Town	Bridgeport, CT
14-Jan-08	KCMN-AM	Tron Talk	Colorado Springs, CO
19-Jan-08	WERE-AM	Maury's Market	Cleveland, OH
21-Jan-08	WCBQ/WHNC-AM	The Alvin Augustus Show	Oxford, NC
21-Jan-08	WCMY-AM	Morning Meeting	Ottawa, IL
25-Jan-08	ABC Radio	A New Day	Syndicated
29-Jan-08	Sirius Satellite Radio/Lime Radio	Waking Up with Carolyn Craft	National
16-Feb-08	Valder Beebe Show	Internet Radio	National
06-Mar-08	ABC Radio Networks	A New Day	US-National
25-Apr-08	WGLS-FM	Your Health	Glassboro, NJ
10-Jun-08	webtalkradio.net	My Thin Lifestyle with Karen Bentley	Internet Radio
24-Jun-08	healthygirl.ca	Wellspot	Internet Radio
21-July-08	Cable Radio Network	The Frankie Boyer Show	Internet Radio
20-Aug-08	KCMN-AM	Tron Talk	Colorado Springs, CO
20-Aug-08	Jones Radio Network	Good Time Oldies	Syndicated
20-Aug-08	WCBQ-AM, WHNC-AM	The Alvin Augustus Jones Show	Raleigh/Durham, NC
27-Aug-08	WGAU-AM	The Barbara Dooley Show	Athens, GA
29-Aug-08	KDRT-FM	How She Really Does It	Davis, CA
4-Sept-08	KCSN-FM	Women's Inspiration	Northridge, CA

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DATE	CHANNEL	SHOW	LOCATION
15-Sept-08	www.dallasbookdiva.com	Dallas Book Diva	Podcast/Internet Radio
15-Sept-08	WGVU-AM & FM	WGVU Morning Show	Grand Rapids, Michigan
16-Sept-08	blogtalkradio.com/ Homeschool.com	HomeschoolRadio Live Talk Tuesday	Podcast/Internet Radio
3-Oct-08	WWDB-AM	Wellness, Wholeness, and Wisdom	Philadelphia, PA
6-Oct-08	WXBR-AM	The Ron Van Dam Show	Boston, MA
15-Oct-08	Sirius Channel 161	Mornings	Syndicated
23-Oct-08	WGBB 1240-AM	Turn On Your Inner Light	Long Island, NY
6-Nov-08	WGSR-AM	Dr. Fitness and The Fat Guy	Atlanta, GA
9-Jan-09	WJIG-AM	The Kiki Vale Show	Chicago, IL
04-Feb-09	BodySport.com	Fitness, Figure & Bikini Talk Radio	Internet Radio
09-Feb-09	BlogTalkRadio.com	Good News Talk Radio Show	Internet Radio
10-Feb-09	www.michaeldressershow.com	The Michael Dresser Show	Internet Radio
11-Feb-09	CJAD 800-AM	Holder Tonight	Montreal, QC

Other Appearances

DATE	ORGANIZATION	LOCATION
17-June-07	Fort Benning Military Base	Fort Benning Military Base, GA
28-June-07	University of Toronto Department of Pharmacology	Toronto, ON
9-July-07	Book Signing at Audrey's Books	Edmonton, AB
12-July-07	Book Signing at McNally Robinson Book Store	Winnipeg, MN
18-July-07	Canadian Institute of Management Speaker Series	Toronto, ON
28-Sept-07	Jennifer Nicole Lee's Bikini Boot Camp	South Beach Miami, FL
29-Sept-07	Jennifer Nicole Lee's Bikini Boot Camp	South Beach Miami, FL
19-Oct-07	Jen Hendershott PHAT Camp	Toronto, ON
20-Oct-07	Jen Hendershott PHAT Camp	Toronto, ON
21-Oct-07	Jen Hendershott PHAT Camp	Toronto, ON
27-Oct-07	Signing at Costco	Mississauga & Scarborough, ON
18-Nov-07	Signing at Chapters	Ancaster, ON
10-Jan-08	Costco	Phoenix, AZ
12-Jan-08	Perfect Circles Open House	9699 Jane St., Maple, ON
22-Jan-08	GoodLife Fitness	Milton, ON
23-Jan-08	Millcroft Inn	Caledon, ON
26-Jan-08	SHAPE Expo	Barrie, ON
27-Feb-08	Book Signing at Bobbi Brown's Studio	Montclair, NJ
28-Feb-08	Book Signing at the Newark Public Library	Newark, OH
29-Feb-08	Arnold Sports Festival	Columbus, OH
1-Mar-08	Arnold Sports Festival	Columbus, OH
2-Mar-08	Arnold Sports Festival	Columbus, OH

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DATE	ORGANIZATION	LOCATION
5-Mar-08	Nashville Road Community Centre	Kleinburg, ON
29-Mar-08	Wellspot 2008 @ The Deisel Playhouse	Toronto, ON
06-May-08	Cooking Class at Nella Cucina	Toronto, ON
7-May-08	Seminar at the WSIB	Toronto, ON
14-May-08	School appearance	Guelph, ON
26-May-08	Seminar at Henning Salon	Orangeville, ON
30-May-08	BEA Book Signing	Los Angeles, CA
31-Mar-08	BEA Book Signing	Los Angeles, CA
1-Jun-08	BEA Book Signing	Los Angeles, CA
16-Jun-08	BEC Book Signing	Toronto, ON
11-Jun-08	Seminar for the City of Burlington Parks and Recreation	Burlington, ON
5-Sep-08	Book Signing at Sam's Club (10-12pm)	Richmond Hill, ON
2-Oct-08	Timberlane Athletic Club	Aurora, ON
3-Oct-08	Sideroads Magazine (Print Interview)	South Simcoe
24-Oct-08	PHAT Camp	Toronto, ON
6-Nov-08	Nutrition Seminar	Aurora, ON
20-Nov-08	Fitness America Competition	Las Vegas, NV
21-Nov-08	Fitness America Competition	Las Vegas, NV
22-Nov-08	Fitness America Competition	Las Vegas, NV
29-Jan-09	Seminar for Illinois Association of Park Districts	Chicago, IL
30-Jan-09	Seminar for Illinois Association of Park Districts	Chicago, IL
6-Feb-09	Seminar for Peter Kiewit Sons', Inc.	Vancouver, BC
7-Feb-09	Seminar for Queen's University	Kingston, ON
6-Mar -09	The Arnold Sports Festival	Columbus, OH
7-Mar -09	The Arnold Sports Festival	Columbus, OH
8-Mar -09	The Arnold Sports Festival	Columbus, OH
28-May-09	BookExpo America	New York, NY
29-May-09	BookExpo America	New York, NY
30-May-09	BookExpo America	New York, NY
31-May-09	BookExpo America	New York, NY