

SWITCH4GOOD PODCAST

The key to living a full, healthy, and joyous life lies within the foods we eat—and our relationship to those foods. Health isn't accurately measured by the circumference of your waist or by how much you can bench press; true vitality is measured by how you feel—not just physically, but deep within.

Olympic medalist **DOTSIE BAUSCH**, together with Baywatch actress and certified health coach **ALEXANDRA PAUL**, take listeners on a transformative journey to optimal health and performance through plant-based eating.

On this riveting podcast, Dotsie and Alexandra—both of whom fought back from severe food addictions—interview expert nutritionists, pro-athletes, innovative thought-leaders, physicians, and plant-based celebrities. Through shared experiences, you'll learn how to optimize your own health and wellbeing and pave a path for a more meaningful life. So get inspired and join the **SWITCH4GOOD** revolution.



"BEING HEALTHY, BEING KIND TO ANIMALS, AND BEING KIND TO OUR ENVIRONMENT, THAT'S WHAT MOTIVATED ME THE MOST."

Emily Deschanel
Actress, Star of Bones



"WHEN I WAS FIRST DIAGNOSED AS A DIABETIC, I THOUGHT I WAS BURIED. BUT REALLY, I WAS PLANTED IN A NEW JOURNEY TO GET HEALTHIER AND SHOW OTHERS HOW THEY COULD ALSO OBTAIN A HEALTHY LIFESTYLE."

Eric Adams
Mayor of New York City



"THAT WHOLE CONCEPT OF TURNING CANCER ON AND OFF BY NUTRITIONAL MEANS—THAT'S A BIG DEAL."

Dr. Colin Cambell
Forks Over Knives author of The China Study



"IF YOU'VE EVER BREASTFED YOU REALIZE HOW WEIRD IT IS TO DRINK ANOTHER SPECIES' MILK."

Kara Lang Romero
Olympian and Canadian Soccer Hall of Fame

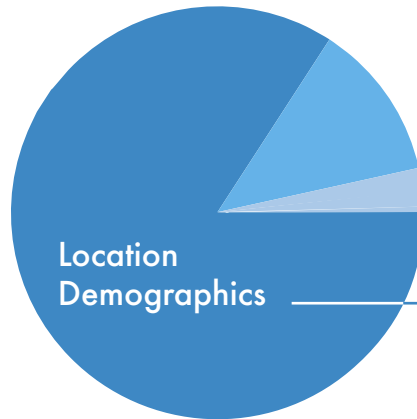
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**4
MILLION
LISTENERS!**

**TOTAL RATINGS
& REVIEWS
850**

**LISTENING
AUDIENCE FROM
95
COUNTRIES**



NORTH AMERICA 84%

EUROPE & ASIA 10%

AUSTRALIA & SOUTH AMERICA 6%

The **SWITCH4GOOD** podcast consistently ranks in the top **3%** of **APPLE HEALTH PODCASTS!**

TESTIMONIALS

"These two ladies have a fun chemistry about them and are really passionate. I love the bravery of them taking on the dairy industry with the revolutionary commercial which featured 6 incredible athletes proudly saying they had "made the Switch4Good." They are real, down to earth, and approach interviews with respect but a flair of fun."

— SARAH

"The ability to empathetically listen to guests; the ability to distill the guest's main premise; the ability to have an authentic conversation while carefully and sensitively guiding it along to serve the listeners can be a tightrope walk. The hosts are off to a wonderful beginning of serving a mission of help, healing, and creating something bigger than themselves. I'm excited to listen and learn."

— ROB BROTHERS

"I made a gradual switch from an omnivore diet to vegetarian, then plant-based beginning in 2008. At the time, I didn't even know what a vegan was. I came a long way educating myself, and yet, I have learned sooooo much more with this podcast. I can't think of a better resource to those who need this information. This podcast is so educational and pleasant to listen to; EVERYONE should be tuned in."

— CELISS

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PODCAST

SPONSORSHIP PACKAGES

Reach our ever-growing **SWITCH4GOOD** audience through a number of platforms. Each custom sponsorship package includes exposure to our **120k+ email list** and **200k+ followers** on social media. You'll also receive a link in every episode's show notes that you sponsor.

All sponsorship packages run for one month and require a three-month minimum commitment.

BRONZE - \$1,000


- **1** mention and link in our monthly newsletter
- **4** pre AND mid-roll podcast ads

SILVER - \$2,000

- **1** mention and link in our monthly newsletter
- **4** pre AND mid-roll podcast ads
- **1** Social Media post on @Switch4Good

GOLD - \$3,000 **BEST DEAL!**

- **2** mentions and link in our monthly newsletter
- **4** pre AND mid-roll podcast ads
- **2** Social Media posts on @Switch4Good
- **1** branded email to our Athlete Super Engagement list



For questions and more information please visit switch4good.org or contact us at podcast@switch4good.org