

Namibia Broadcasting Corporation launches its first reality show

Namibia Broadcasting Corporation (NBC) has launched, *Body with Maria*, its first reality show. The show will be aired on NBC TV every Sunday, hosted by Maria Nepembe, a Namibian *Big Brother* participant.



Maria Nepembe, TV host.

Body with Maria is a reality fitness show for people that want to make changes to their bodies, either to keep fit, lose weight or gain weight.

“When I was appointed as the director general of NBC, part of what I said should happen for the television was to bring in reality shows; and for a year we have been talking concepts of two reality shows, one is the fitness programme *Body with Maria*, and the other one is *On the Street*, which is to be announced later,” said NBC director general Stanley Similo.

“ Who is your favorite *Body with* [@MariaNepembe](#) contestant and why?

Remember to keep up with them this Sunday at 19H30

Only on NBC! pic.twitter.com/qmuB3LuVy2— NBC Namibia (@NBCNamibia) [June 20, 2019](#) ”

“We want people to watch the show and identify people that they know, because it is more like motivating them to also make changes to their lives. As the NBC team we knew what we want and we believe this reality show will be a hit,” Similo said, adding that the show will make a lot of people realise who they are by keeping fit and eating healthily, either the participants or the viewers.

Nepembe is excited to be the first Namibian to host a reality show. The show has 10 participants who were desperate to live healthy lifestyles. She encouraged them to keep on working on their bodies and stay healthy, adding that by the end of the first season they will announce the ultimate winner.

Source: NexTVAfrica.com.

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