



Sangita ●●● Patel

Award-Winning Television Personality



[TheSpotlightAgency.com](https://www.TheSpotlightAgency.com)



SANGITA PATEL

Award-Winning Television Personality

Sangita Patel is one of Canada's most engaging media personalities. Previously a co-host of *ET Canada*, she has interviewed many of the biggest stars from around the globe, both in-studio and on the red carpet. She was also the host of HGTV Canada's hit reality show *Home to Win* for four seasons and the host of *ET Canada Weekend*. Named one of *HELLO! Canada* magazine's "50 Most Beautiful People", Sangita is also a devoted mom and fitness enthusiast. Sangita is currently the host of TLC's newest lifestyle show, *Love and Translation*.

As the host of *Home to Win*, Sangita earned a nomination for Best Host in the lifestyle category at the Canadian Screen Awards (CSA) and for the CSA's Audience Choice Award. In 2022, Sangita received a CSA for Best Host of a Web Program or Series for her work with *ET Canada Live*, and *ET Canada* won a CSA for Best Entertainment News Program in the same year.

Chosen as Canada's Covergirl Ambassador for three years, Sangita was honoured to use her platform to show how vital representation is in the media as well as the beauty industry. Sangita has a passion for giving back to her community, stepping up when it's needed most, from delivering food to frontline workers during the pandemic to hosting national fundraisers for charitable causes.

Well-known for her love of fitness and health, Sangita created her #FitnessTuesday social media series to help motivate her followers to live their best lives. She looks at her social media platforms as a yearbook, posting moments that encourage conversations and highlight her true self to the world.

With her husband, two daughters, and dog, Indie, by her side, Sangita always aims to live life to the fullest.

SOCIAL MEDIA

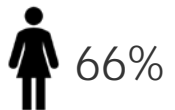
600K+ Followers across platforms

Audience Demographics



34%

15.2% ages 25-29



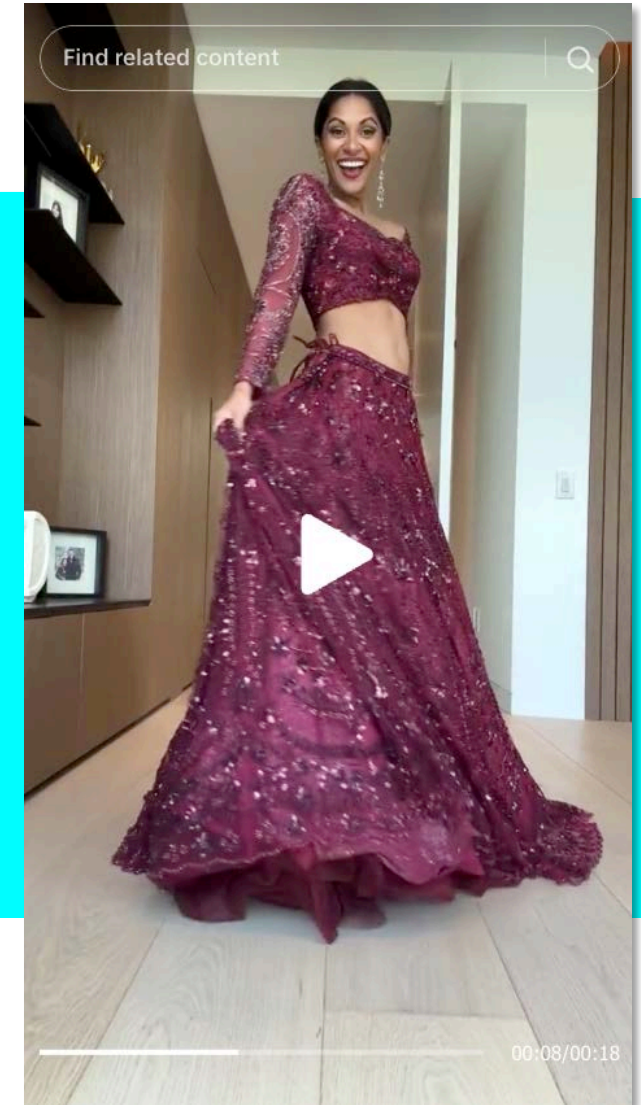
66%

34.0% ages 30-34

24.0% ages 35-39

Top Countries: Canada, USA

A majority of Sangita's community are interested fitness, family, beauty, and entertainment news.

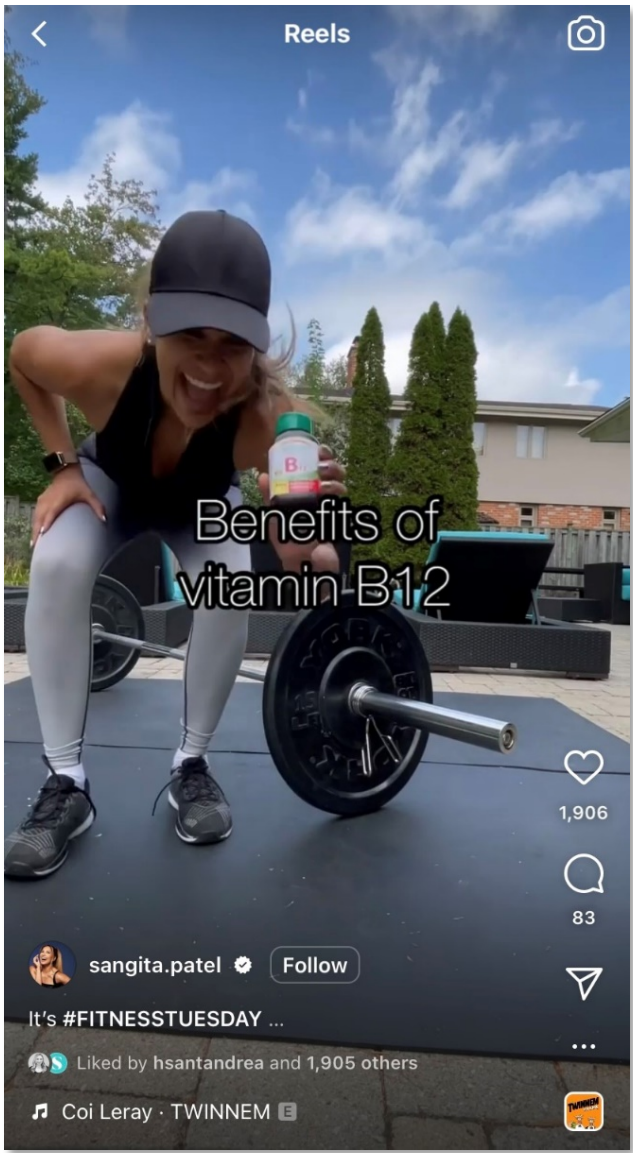


@Sangita.Patel

308K+ Followers on Instagram



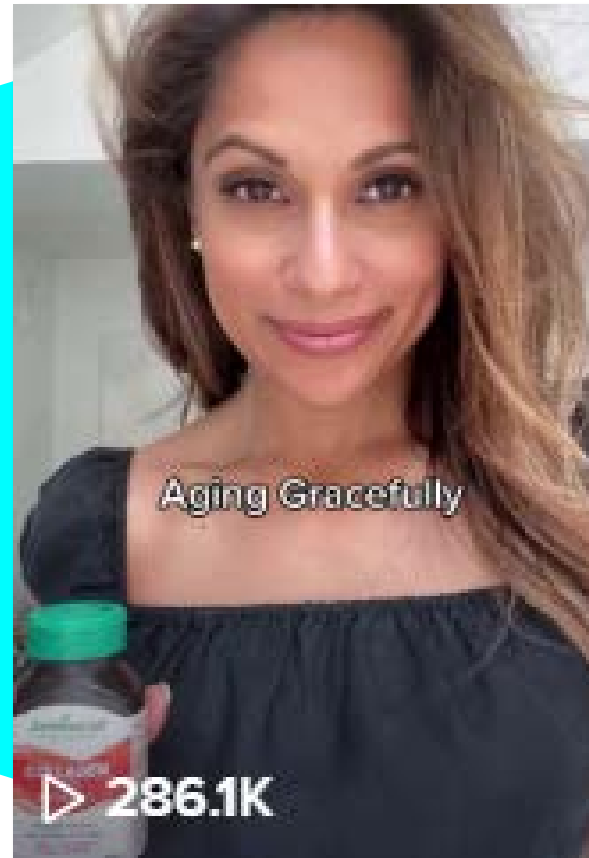
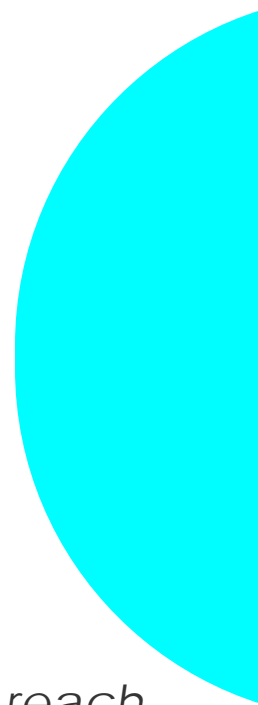
240K+ average reach
11K+ average engagements
18.7% engagement rate



● Well-known for her love of fitness and health, Sangita coined the hashtag #FitnessTuesday to help motivate her followers to live their best lives.

@ThisIsSangitaPatel

258K+ Followers
On TikTok



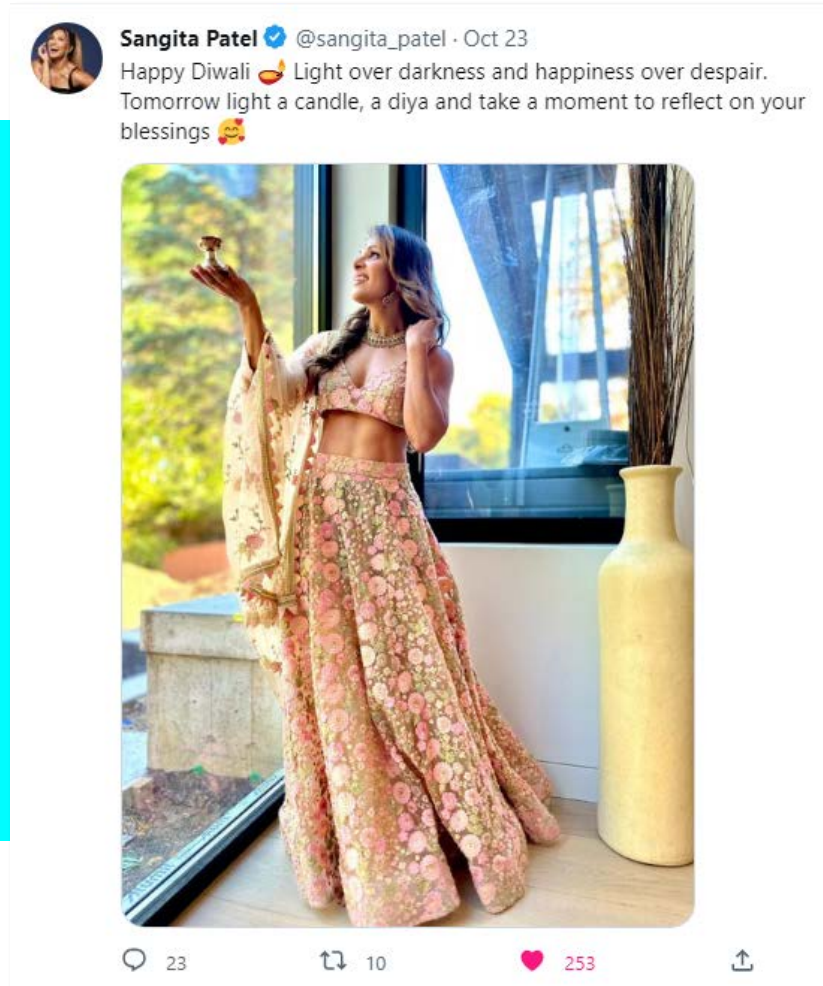
188K+ average reach
8.9K+ average engagements
4.4% engagement rate

TWITTER / X

@sangita_patel

31.9K+ followers

5.5% engagement rate



FACEBOOK

@ThisIsSangitaPatel

21K+ followers

3K+ average reach

300+ average engagements

9.92% engagement rate





Sangita joined *ET Canada* in 2013 as an entertainment reporter, quickly becoming a fan favourite. In 2022, she was promoted to co-host alongside Cheryl Hickey. Sangita was also the host of *ET Canada Weekend*.





For four seasons, Sangita was the host of HGTV Canada's hit home renovation reality series, *Home to Win*.



Having interviewed the biggest stars from around the globe, in-studio and on the red carpet, Sangita is a natural and experienced host for brand events.



ELLE



FASHION BEAUTY & WELLNESS CULTURE

Meet Sangita Patel, the first South Asian Canadian Ambassador for CoverGirl

The strong media personality is making her mark in the beauty industry

ELLE By Isha Mayer November 20th, 2020

f p t i



Best known for interviewing the biggest stars in Hollywood on Entertainment Tonight, Sangita Patel has become the first-ever South Asian, Canadian Ambassador for the beauty brand, CoverGirl. At a time when diversity and inclusivity have become the need of the hour, Sangita is proud to represent her roots with this association. Having dedicated her career to

CITY LIFE

Sangita Patel

HOW TORONTO'S OWN RISING STAR ENGINEERED HER LIFELONG DREAMS TO FRUITION p. 32

PHOTO BY ANDREW GIBSON

COVER: JESSICA WOOD

STRONG

FITNESS MAGAZINE

FIERCE BODY TOUGH MINDSET

MUSCLE MADE EASY Hit Every Inch With This One Gym Staple

"SAVE MY SKIN!" Find Out What The Heck Is Going On With Your Face

MOTHER, TV HOST, ATHLETE. SANGITA PATEL IS A WOMAN ON FIRE



HELLO! CANADA

WEEKLY • No. 714 • 11 JUNE 2020

INSIDE: MEGHAN AND ARCHIE SETTLE IN TO THEIR NEW LIFE

EXCLUSIVE PHOTO SPECIAL

IT'S SO TRUE THAT WE'RE ALL IN THIS TOGETHER!

CANADA'S CARING STARS

OPEN UP ABOUT THEIR SELF-ISOLATION JOURNEY AS THEY SHARE CANDID AND TOUCHING PICTURES

BE A PART OF CANADIAN HISTORY! IDENTIFY YOUR PHOTO - DETAILS INSIDE

I wanted to give back in some small way... My heart is bursting!

- BY CANADA'S SANGITA PATEL ON DELIVERING MEALS TO FRONTLINE WORKERS

PLUS SHOP YOUR STYLE ONLINE • AT-HOME SKIN-CARE GUIDE



REDEFINING FITNESS IN YOUR 40s, 50s, AND BEYOND

D'FYNE

WINTER 2020

BEAUTY BUZZ THE TRUTH BEHIND CANNABIS IN SKINCARE

SCHEDULE SAVVY TIME-MANAGEMENT TIPS TO IMPROVE YOUR LIFE

GOOD COMFORT FOOD HEARTWARMING WINTER RECIPES

BAND PRACTICE THE ONE HIP-CIRCLE WORKOUT YOU NEED

SANGITA'S WAY

ET CANADA'S SANGITA PATEL

UP THE FUN FACTOR 6 WAYS TO BRING JOY BACK INTO YOUR WORKOUTS



LIVING LUXE

COME INTO BLOOM

SANGITA PATEL

The TV personality talks about work, love and life

RAPSODY IN PURPLE

A perfect Toronto-based terrace restaurant in all its glory

THE MINDS BEHIND THE MAJOR

Meet the builder and architectural designer of one of Woodbridge's finest estates

Spring Issue



Publicity and Media

'I wanted to share about it.' After a tumultuous year, TV host Sangita Patel forges ahead

Cancer and the cancellation of 'ET Canada' haven't stopped her from launching onto U.S. television, with a little guiding light from Oprah.

Updated March 8, 2024 at 1:52 p.m. | Feb. 8, 2024 | 4 min read



CANADA



Sangita is available to partner with brands for a variety of initiatives, including:

- Spokesperson roles
- Media appearances
- Digital video and influencer content
- Event hosting
- Guest appearances
- and more

Past partners:



Partnership Opportunities ●





For more information, please contact:

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thespotlightagency.com