



# Sangita ●●● Patel

*Award-Winning Television Personality*



[TheSpotlightAgency.com](http://TheSpotlightAgency.com)



# SANGITA PATEL

*Award-Winning Television Personality*

Sangita Patel is a dynamic, award-winning Canadian television personality with a proven track record of connecting with audiences across platforms. Previously a co-host of *ET Canada*, she has interviewed many of the biggest stars from around the globe, including Tom Cruise, Dwayne “The Rock” Johnson, and Jennifer Lawrence, both in-studio and on the red carpet. Sangita hosted HGTV Canada’s hit reality show *Home to Win* for four seasons, hosted *ET Canada Weekend*, and in 2024 she hosted TLC’s lifestyle show, *Love and Translation*.

As the host of *Home to Win*, Sangita earned a nomination for both Best Host in the lifestyle category and the Audience Choice Award at the Canadian Screen Awards (CSAs). In 2022, she 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. Sangita has also been named one of *HELLO! Canada* magazine’s “50 Most Beautiful People”.

Today, Sangita is a freelance correspondent for *Entertainment Tonight*, a member of the Critics’ Choice Association, a freelance reporter for the Toronto International Film Festival (TIFF), host of gripping true crime series *Condemned: Woodstock*, and creator and host of the popular web series *Click & Tell*.

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 and stepping up when it’s needed most, from delivering food to frontline workers during the pandemic to hosting national fundraisers for charitable causes.

Sangita created her #FitnessTuesday social media series — centered on wellness, empowerment, and authentic connection — 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.

Sangita is also a proud mother of two daughters and a resilient cancer survivor. Her personal journey adds depth to her public persona, inspiring audiences everywhere with her authenticity and strength.

# @Sangita.Patel


449K+ Followers on Instagram

## Audience Demographics

 27.6%

35.6% ages 25-34

37.0% ages 35-44

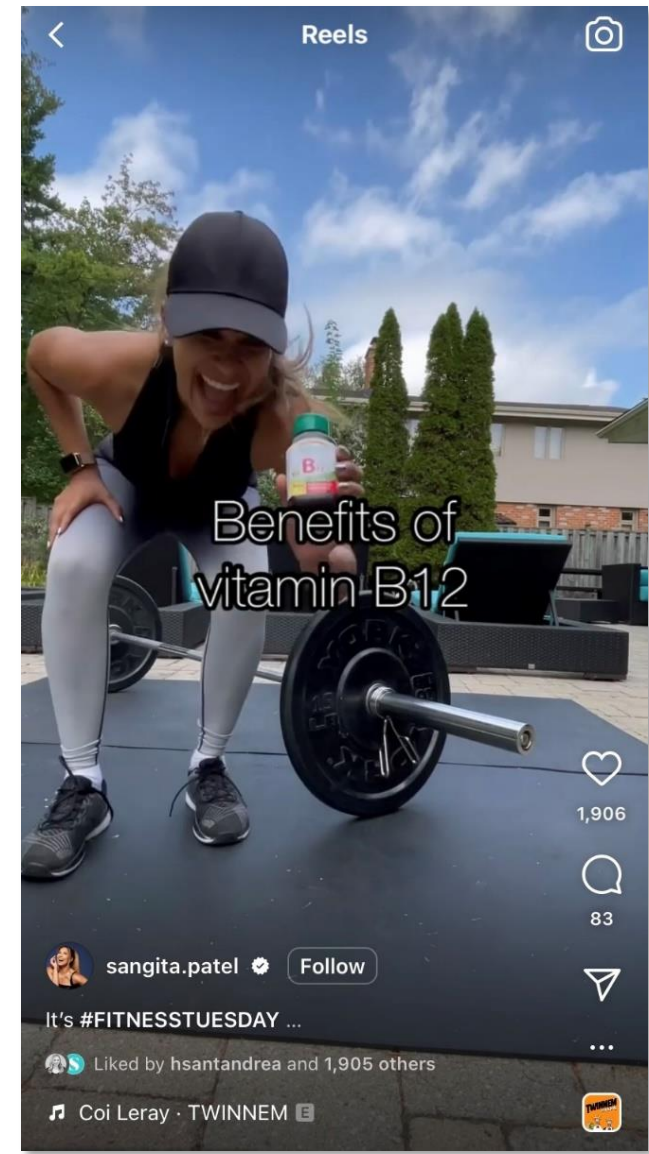
 72.4%

27.4% ages 45-54

Top Countries: Canada (40%), USA

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





● 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

293K+ Followers on TikTok



**12.8 MILLION** VIEWS  
**1.1 MILLION** LIKES  
**5,000+** COMMENTS  
**14.4K** SAVES



**8.6 MILLION** VIEWS  
**565,000+** LIKES  
**800+** COMMENTS  
**32.7K** SAVES



**7.9 MILLION** VIEWS  
**810,700+** LIKES  
**2,321** COMMENTS  
**12.5K** SAVES



**3.7 MILLION** VIEWS  
**601,100+** LIKES  
**5,315** COMMENTS  
**69.5K** SAVES



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*.



# LOVE & TRANSLATION



In 2024, Sangita hosted TLC's *Love and Translation*.



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

Best known for interviewing the biggest names 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**

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*Sangita Patel*

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

October 2019 \$8.95

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INSIDE: MEGHAN AND ARCHIE SETTLE IN TO THEIR NEW LIFE

**HELLO! CANADA** WEEKLY • No 714 • 1 JUNE 2020

EXCLUSIVE PHOTO SPECIAL

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**CANADA'S CARING STARS**

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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 20s, 30s, AND BEYOND

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**SANGITA PATEL**

The TV personality talks about work, love and life

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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



Sangita Patel is kicking off 2024 with a dramatic transformation! The Toronto-born TV personality surprised her Instagram fans with a striking platinum blond look, later revealing that the bold switch-up was courtesy of a wig. "Yess, my inner diva slash Beyoncé," she joked, sharing photos from a glam shoot that came together just in time for her Jan. 2 birthday – and giving *Hello! Canada* readers an exclusive peek at these unseen images (which also feature her dog, Indie, top). "Getting older is a gift, truly precious," wrote the former *ET Canada* host, 47, who was diagnosed in 2021 with a rare and aggressive form of thyroid cancer. Miraculously, she responded well to treatment and is now cancer-free, though the journey proved to be profoundly life-changing. As a result, the uptight mom of two, foodie and fitness enthusiast – who is also a Canadian ambassador for *CovertGirl* – places even greater emphasis on gratitude, resilience and contentment in everyday moments with her family. "Joy is my voice, and that is what I want to show," she has said. Stepping confidently into a new year, Sangita is clearly embracing her next chapter with strength, humour and fearlessness!



CANADA



Publicity and Media

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:

**COVERGIRL**

EASY BREEZY BEAUTIFUL

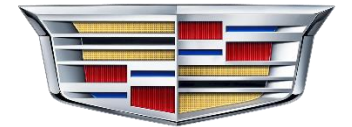
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**DRUG MART**



**Downy**



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Partnership Opportunities 





For more information, please contact:

[info@thespotlightagency.com](mailto:info@thespotlightagency.com)

[thespotlightagency.com](http://thespotlightagency.com)