

Fall Fitness & Food Issue

October/November 2023

Let us help you tell your story through customized campaigns that include branded content, digital, social and print advertising, and dedicated e-newsletters.



LET US HELP YOU TELL YOUR STORY

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IMPACT
MAGAZINE

FITNESS

- Workout your core with a partner mobility workout by Canada's Top Fitness Trainer, Scott Salling
- Canada's Top Fitness Instructor, Carla Lalonde brings you a body-weight workout that you can use all year long
- Rucking – a new take on an old form of exercise
- Taking Pilates to the mat
- Eccentric training produces great strength results

HEALTH

- Learn about the new regulations for health supplements and what it might mean to you
- Muscle memory: Automaticity of motor movements and how it relates to activities
- We take a deeper dive into creatine and why you may need it

SPORTS MED

- It's all about resistance training, not stretching for mobility

RUNNING

- Plyometrics for runners and triathletes

TRAVEL

- Nicki Rehn explores high-altitude running in Colorado
- Our favourite winter wellness getaways and retreats

NUTRITION

- Organic vs. non-organic, what's the real difference?
- Fighting food cravings? Have this, not that

RECIPES

- High-protein, nutritious plant-based recipes for every meal

ADVERTISING FEATURES

MADE IN
CANADA



- Is your product made in Canada? Are you looking to attract customers who like to buy local and encourage ethical manufacturing?

Then we want to hear from you!

TRAVEL

- Stand out from the crowd with our premium travel packages and get in front of readers planning their next adventure. With our wide range of advertising options and content formats we can help you connect with our engaged and passionate audience of travellers and adventure seekers.