

# Inspiration Issue January/February 2024

Tell your story through our media solutions such as sponsored content, print and digital edition advertising, online and social media packages and dedicated e-newsletters. Find out who will be featured as IMPACT Magazine's 2024 Canada's Top Fitness Trainer in this special edition!

## CANADA'S TOP FITNESS TRAINERS

### WHO WILL BE CANADA'S TOP FITNESS TRAINERS – CLASS OF 2024?

Find out in our January/February 2024 edition of IMPACT Magazine

#### IN THIS ISSUE

- Canada's Top Fitness Trainers Unveiled
- 2024 Fitness Club & Studio Guide
- The Dangers of Overtraining
- How to Choose a Personal Trainer
- Returning to Running After Illness & Injury
- Leg Strength & Longevity
- The Best Skating Rinks Across Canada
- Performance-Driven Nutrition
- Small Bits of Happiness
- Our Favourite Winter Recipes

**IMPACT**  
MAGAZINE

**BE PART OF THIS ISSUE**

booking closes January 5, 2024

[Contact Us](#)

elaine@impactmagazine.ca  
editor@  
impactmagazine.ca