

# Women Fitness Magazine

Media Kit - 2023



# Magazine Contents



**Exercise & Fitness**



**Pregnancy**



**Healthy Eating**



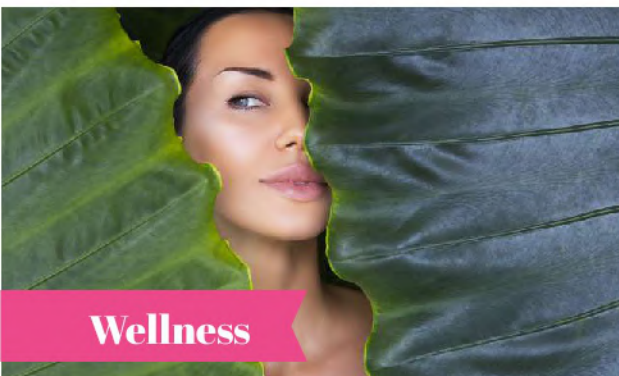
**Weight Loss**



**Fashion & Lifestyle**



**Shopping**



**Wellness**



**Celebrity Interviews**

# 6 Stunning Issues Every Year!



# AD SIZES



| <b>AD SIZE</b>           | <b>BLEED</b>    | <b>TRIM</b>     |
|--------------------------|-----------------|-----------------|
| Full page                | 8.125" X 10.75" | 7.875" X 10.5"  |
| Double Page              | 16" X 10.75"    | 15.75" X 10.5"  |
| 1/3 Page<br>(One column) | 2.875" X 10.75" | 2.625" X 10.5"  |
| 1/2 Page Vertical        | 4.125" X 10.75" | 3.875" X 10.5"  |
| 2/3 Page Vertical        | 5.25" X 10.75"  | 5" X 10.5"      |
| 1/2 Page Horizontal      | 8.125" X 5.375" | 7.875" X 5.125" |

**For any further details,**  
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Over  
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Interviews

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Over  
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Social Followers  
& Counting

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3 Times Rated By  
Forbes Among The  
**Top 100**  
Websites  
For Women

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