

# Women Fitness Magazine

Media Kit - 2024



# 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 (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,**  
Contact Rohit Nayyar at [rohit@womenfitness.net](mailto:rohit@womenfitness.net)





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