



EXPLORE IMPACT

The Outdoor & Adventure Issue

MAY/JUNE 2017

Breathe in the crisp, clean air with IMPACT Magazine's new look and a fresh take on health and fitness

Advertising Feature:
Top Doctors

IMPACT MAGAZINE

For more info or to book your space, contact us:
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EDITORIAL LINEUP

Features

- **Mountain Men** – Celebrating adventurous athletes
- Wheel into **Bike Camping**
- **Canada in Pictures:** Amazing photos from the great outdoors



Living Healthy

- Live 10 years longer, the Nordic Way
- What's in the air we breathe
- How to combat anxiety

Fitness

- Boxing
- Barre for balance
- Cycling
- 10 tips to make sure you don't miss a workout
- Consciousness fitness

Running

- Track mileage, stay healthy

Workout

- Take your workout outdoors

Sports Medicine

- Vocal cord dysfunction

Gear

- Get outfitted for adventure

Athletes with IMPACT

- Inspiring stories that impact your life

Adventure Travel

- Heavenly St. Lucia
- Viva Las Vegas
- Riding Highwood Pass

Food & Nutrition

- Learn sprouting
- The most delicious plant-based recipes

Final IMPACT

- Active For Life