



SIZZLE IN THE SUMMER

The Hot Summer Issue

JULY/AUGUST 2018

Advertising Feature: Business Profiles

Tell your business story with IMPACT!

EDITORIAL LINEUP

Features

- **Serena Williams** – Strength, beauty and fitness
- **Go-To Activities for Summer Fun** – Trail Running, Outdoor Yoga, MTB and Road Cycling, Beach Volleyball and Paddleboarding!
- **2018 Trail Shoe Review** – Our experts hit the trails

Running

- Why runners should reduce long runs and add long rides
- Pro tips for trail runners

Fitness

- Kickstart your morning by developing a great routine to get moving
- Glide your way to fitness
- Breathing new life into group-exercise

Workout

- Exercises to tone your butt and arms

Adventure Travel

- Cycle like a local in Cuba

Gear

- Women's favourite things

Health & Wellness

- Being body positive

Healthy Spaces

- The van transformation

Women's Health

- How overindulging in exercise can lead to eating disorders
- How diet can reduce the body-changing impact of perimenopause

Food & Nutrition

- Summer block party – 6 great recipes for sharing from amazing foodies
- Why you should eat organic – Ditch the Dirty Dozen and eat the Clean 15
- G-Bomb – 6 food groups that fight disease
- Parfaits for summer!

Athletes with IMPACT

- Inspiring stories of people who overcome personal challenges through the power of health and fitness



Coming Soon: Canada's Fittest Companies

- Nominations are open for the 2018 September/October issue!

IMPACT MAGAZINE

For more info or to book your space, contact us:
403.228.0605 • advertising@impactmagazine.ca