



## Editorial Lineup

### COVER FEATURE

- Outdoor adventure photographer Paul Zizka

### GEAR

- Trail running/hiking fashion and gear guide

### TRAVEL

- Hiking the Chilkoot Trail from Alaska to the Yukon

### WORKOUTS

- Build a stronger core for summer sports
- Strengthen your legs and get ready for cycling

### FITNESS

- The growing appeal of Gravel Fondo's

### MEN'S HEALTH

- Body image problems and what to do about it
- How cannabis affects men differently from women

### HEALTH & WELLNESS

- Why is nature good for you
- High elevation training benefits for runners

### HEALTHY COMMUNITIES

- Container gardening with healthy herbs
- Mental health benefits of a green thumb

### SPORTS MEDICINE

- What kind of pain is okay to train through?

### FOOD & NUTRITION

- Fresh spring salads
- Shattering the myth of incomplete plant-based protein

### ATHLETES WITH IMPACT

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

# Outdoor Issue

MAY/JUNE 2019

## SPONSORED CONTENT FEATURE

Top Doctors & Medical Champions

# IMPACT MAGAZINE

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Photography courtesy Paul Zizka