

Summer Outdoor & Travel Issue

July 2024

Let us help you tell your story through sponsored content, digital, social and print advertising, and dedicated e-newsletters.



LET US HELP YOU TELL YOUR STORY

Contact Us

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IMPACT MAGAZINE

COVER

- Meet our 2024 Olympic Medal Contender!

OUTDOOR

- How to Train for a Gravel Fondo
- Why Outdoor Training is Better Than Indoor Training

RUNNING

- Your Trail Running Questions Answered
- Threshold Training for Runners
- Postpartum Return to Running

HEALTH

- Dopamine and Your Brain
- The Health Boosting Benefits of Summer
- Sleep Regularity vs Sleep Duration
- Ways to Train Your Body for Pleasure

TRAVEL

- Road Trip to Active, Outdoor Destinations in Canada
- Sustainable Hiking and Camping Tips

SPORTS MEDICINE

- Preparation Advice for Hiking

FITNESS

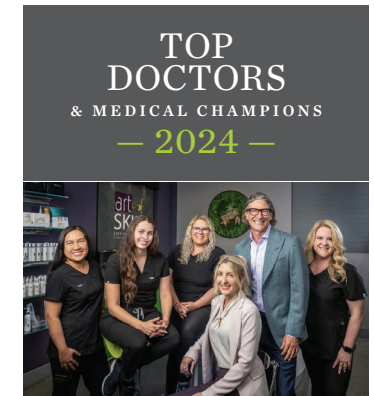
- Workouts with Canada's Top Fitness Trainers
- The Balancing Act of Push and Pull in Your Workout

RECIPES

- Sensational Summer Salads

ADVERTISING FEATURES

- Looking for ways to boost your practice's visibility, attract new patients, and showcase your expertise? We are looking for experts in their fields who go above and beyond the call of duty helping our communities stay healthy and well.



TRAVEL

- Stand out from the crowd with our premium travel packages and get in front of readers planning their next adventure. With our wide range of advertising options and content formats we can help you connect with our engaged and passionate audience of travellers and adventure seekers.