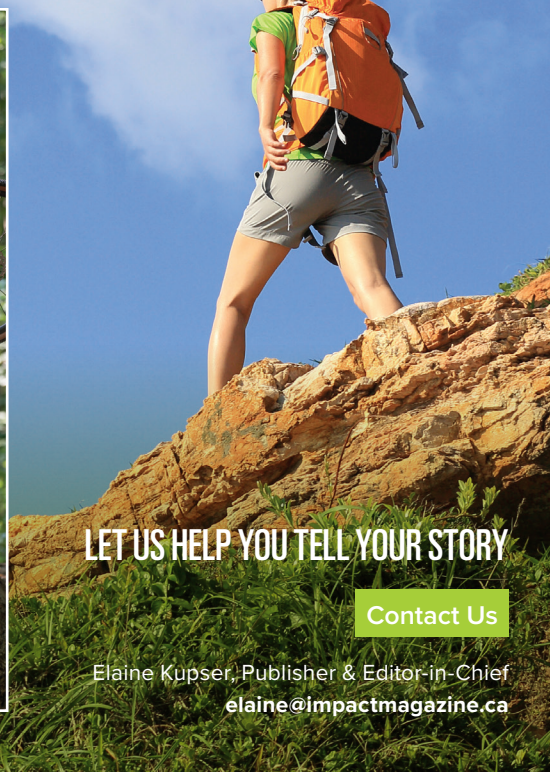


Summer Outdoor & Travel Issue

July 2025

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LET US HELP YOU TELL YOUR STORY

Contact Us

Elaine Kupser, Publisher & Editor-in-Chief
elaine@impactmagazine.ca

COVER

- TBA

OUTDOOR

- The Popular Sport of Pickleball
- Indigenous Trail Running – Connecting to the Land
- Mountain Biking as Cross Training

TRAVEL

- The Coolest Run Clubs Around the World
- A Guide to Canada's Best National Parks & Trails

FITNESS

- Workouts with Canada's Top Fitness Trainers
- Hybrid Training Combining Strength and Endurance

RUNNING

- How Altitude Affects VO2 Max
- The Benefits of Running on Sand

HEALTH

- The Secret to Longevity
- Beat the Heat! A Summer Sports Safety Checklist
- A Room-by-Room Guide to Detoxifying Your Home

NUTRITION

- Seasonal Produce and Eating with the Rhythm of Nature
- Eating for Mental Clarity

SPORTS MEDICINE

- How Flipflops are Hurting Your Feet
- Save Your Knees This Hiking Season

FOOD

- Summer Kitchen Must-Haves

RECIPES

- The Joy of Pickling & Fermented Foods

IMPACT

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To be part of this issue, contact Elaine Kupser, Publisher & Editor-in-Chief at elaine@impactmagazine.ca