

Fall Fitness Issue

October/November 2025

Let us help you tell your story through customized campaigns that include branded content, digital, social and print advertising, and dedicated e-newsletters.



LET US HELP YOU TELL YOUR STORY

Contact Us

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

IMPACT MAGAZINE

IMPACT Magazine is stepping into its 35th year as Canada's premier authority on fitness, wellness, and sports performance.

For over three decades, we've championed

the athletes, innovators, and stories that define health and performance, making us the trusted destination for readers who are serious about fitness.

Thank you for your support in helping us celebrate fitness, health, and inspiring stories – your brands have played a key part in connecting with a passionate, health-conscious community.

Let's make this milestone year of celebrations unforgettable together!

FITNESS

- Work out with Canada's Top Fitness Trainers and Instructors, Jesse Benson and Cindy Yu
- Fitness Inclusivity and Safe Places to Work Out
- 44 Reasons Why We Don't Move and How to Get Over Them
- Biotensegrity and Biomechanics

TRAVEL

- Winter Fitness & Yoga Getaways

NUTRITION

- Food for the Brain, Food for the Body

SPORTS MEDICINE

- Pain & Injury Protocols
- Facia Stretch Therapy

RUNNING

- Cross Training for Runners
- 2025 Trail Running Shoe Reviews
- Threshold Running for Trail Runners

HEALTH

- Blue Spaces – Being Near Water
- Biohacks for Better Sleep

RECIPES

- Warm, Fall Bowls
- Root Veggies



- This year, we're focusing on recognizing and elevating the top trainers across Canada, giving them the spotlight they deserve.
- Do you know a trainer who goes above and beyond to make a difference in people's lives every day? It's time to nominate that trainer for the class of 2026!
- The top ten in each region will be profiled in our 2026 Inspiration Issue as one of IMPACT Magazine's Canada's Top Fitness Trainers and recognized at our 2026 Awards Gala.