

IMPACT

MAGAZINE

Canada's Best Source of Health & Fitness Information
35 years of inspiring you to live your best life!

CALGARY • VANCOUVER • TORONTO • DIGITAL

2026

Media Kit

Engaging.
Inspiring.
Transforming.



HANNAH FLETCHER

One of IMPACT Magazine's
Canada's Top Fitness Trainers
2018, 2020, 2022, 2024

© SCOTT KUO



Our Story

IMPACT Magazine has been providing Canadians with expert advice on health, fitness, and sports performance since the fall of 1991. Now in its 35th year, IMPACT is one of the longest-standing, independently owned, and most trusted magazine brands in Canada.

From the beginning, athletes ranging from Olympians to weekend warriors have turned to IMPACT for advice and information they can trust and use to pursue their own fitness journeys.

As a former fitness industry professional, publisher Elaine Kupser wanted to share relevant and credible information on health and fitness while also providing a venue for experts and business owners to showcase their expertise and brands. Despite the burgeoning fitness industry, in the early 1990s, Canada did not have any health or fitness magazines on the market. Kupser led the way in this sector of publishing. IMPACT Magazine began in Calgary, Alberta with just a \$5,000 investment and a dream and has now built a national network that highlights inspiring athlete stories, offers reputable content, and presents a credible platform where brands can confidently promote themselves.

Over the years, IMPACT has grown and expanded its reach into Vancouver and Toronto – and beyond. The company has created a reputation of integrity and reliability and developed fiercely loyal readers. Its community involvement program has supported hundreds of events, races and athletes over the years making IMPACT a well-known and loved brand.

Today IMPACT is available to readers worldwide through its digital platforms and online presence, but is still proudly Canadian. More than 250,000 people read each issue of IMPACT.



Our Brand

At IMPACT Magazine, we are passionate about health, fitness, nutrition and sport performance. We've invested 35 years in inspiring and motivating readers to forge ahead on their own fitness journeys while creating a trusted brand with a loyal readership for our advertisers. Using the top experts in their fields, our stories inform and entertain readers, providing the knowledge they need to inspire an active lifestyle.

Key Facts

FIVE ISSUES PER YEAR, PRINT + DIGITAL

CONTROLLED DISTRIBUTION

Vancouver • Calgary • Toronto

900,000 print & digital readers, annually

TARGETED DISTRIBUTION TO MAXIMIZE REACH

1,500 retail locations & special events

Related to the health, fitness and sports industry

ONLINE

14k newsletter subscribers

47K+ website users, monthly

SOCIAL

42,610 followers on    

997,649 impressions 



Marketing Solutions

- IMPACT an Active Audience
- Share your brand multiple ways to engage readers who are always looking for the best health, fitness, nutrition and sports performance information IMPACT has to offer. We produce end-to-end marketing solutions.



PRINT & DIGITAL EDITIONS

- Brand advertising / sponsored content
- Sponsorship Opportunities



E-NEWSLETTERS

- Newsletter banners / dedicated emails

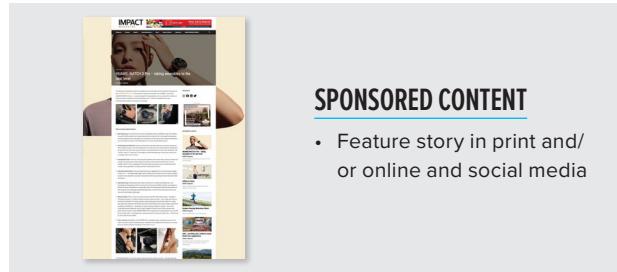
ONLINE VIA IMPACTMAGAZINE.CA

- Leaderboard & box ad banners
- Expanded sponsored content articles



SOCIAL MEDIA

- Boosted posts
- Custom contests
- Instagram live take-overs
- Instagram story frames



SPONSORED CONTENT

- Feature story in print and/or online and social media



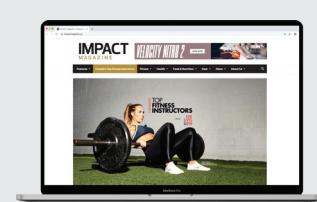
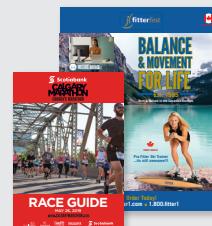
ADVERTISING FEATURES

- RACE SOURCE GUIDE
- Top Docs & Medical Champions
- Holiday Gift Guide
- Annual Health Club & Fitness Studio Guide



CUSTOM PUBLISHING

- Publications, marketing & sales tools
- Inserts, bind-ins, tip-ons, blow-ins, sampling



SPONSORSHIP OPPORTUNITIES

- Canada's Top Fitness Trainers & Instructors
- Canada's Top Fitness Awards Gala

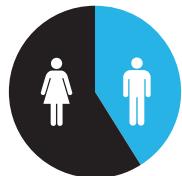
Our Demographics

Who reads IMPACT Magazine?

IMPACT readers are highly educated, have generous household incomes and are active in several sports. Our readers are loyal to our brand with **49%** reading the magazine for 10 or more years.

Over 35 years, more than 12 million copies of 180 magazines have been read by an estimated 32 million readers.

OUR READERS ARE...



59% Female, 41% Male

AGES

25 – 34 (21%); 34 – 44 (31%); 45 – 54 (27%);
55 – 64 (17%); Below 25 or over 65 (4%)

EDUCATION

62% Bachelor's degree or higher 

HOUSEHOLD INCOME

58% 100K and over 

SPENDING HABITS

- **83%** Use natural health products (vitamins, supplements)
- **80%** Own one property
- **79%** Use sport supplement products
- **75%** Purchase at least two pairs of running shoes/year
- **70%** Shop at health food stores
- **45%** Spend over \$1,500 on travel/year
- **45%** Spend over \$500 on fitness apparel/gear per year
- **28%** Are considering buying a new vehicle within a year
- **20%** Are considering buying a new home within a year

Thank You IMPACT Magazine for being there with me the whole time. It was an honour to be asked to be a part of this amazing group and this amazing magazine that delivers such good positive messages to so many people.

- **KURT BROWNING** (Olympic Figure Skater)

IMPACT Magazine shares stories, it allows us to look beyond our horizon and dream of what could be.

- **MARTIN PARNELL** (World Class Athlete, Speaker and Philanthropist)

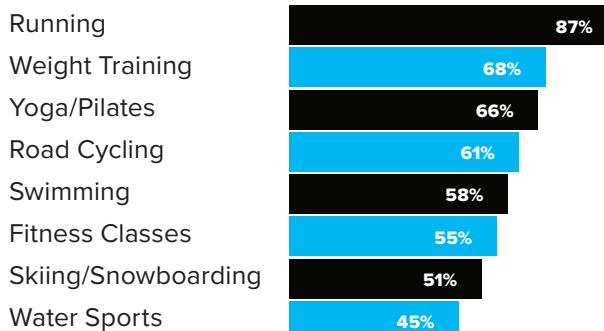
IMPACT brought me to the forefront and helped my business grow.

- **SANDRA BUECKERT** (Owner One on One Personal Fitness)

The beautifully crafted magazine with clear writing and strong photography, continuously develops content that is laser focused on the needs of its audience – those who aspire to be fitter and healthier. It's like a trusted coach: it motivates and inspires.

- **SUZANNE TRUDEL** (ED AMPA)

SPORT / ACTIVITY PARTICIPATION



100% Plant-based

IMPACT Magazine is proud to only feature 100% plant-based food and nutrition content. With the help of our expert contributors, and solid research-based, responsible editorial, we believe presenting the healthiest options for our readers is the most powerful pathway to good health, improved fitness, recovery, sports performance as well as sustainability.

Our Food & Nutrition section has become one of our most highly-read, and interactive departments both in print and online, and who doesn't want a little extra flavour, inspiration and great food in their life?

Every issue, IMPACT presents ways to incorporate a whole-foods, plant-based diet in a positive, educational and delicious format - with the utmost integrity. We believe that the science speaks for itself and is hard to ignore. The top experts in their fields are among our nutrition contributors, and our vegan foodies are the best!

Athletes who have switched to a plant-based diet have experienced improved results in training, competition and recovery, and a plant-based diet has been linked to lower risk of obesity and chronic disease.

We are passionate about food and we're serious about our readers' health. And we have great recipes.



In Every Issue of IMPACT

COVER FEATURES

Read inspirational stories from Olympians to celebrity chefs and Canada's Top Fitness Trainers & Instructors. What motivates them and what can they teach us?

RUNNING

Our readers love to run and every issue includes stories on both road and trail running, ranging from technical running tips to training plans. Advice from top experts, trainers and coaches.

FITNESS

From the benefits of weight training to yoga to connecting with nature, we've got your fitness needs covered with the latest trends from the top experts in their fields.

WORKOUTS

Every issue you can rely on workouts from Canada's top trainers and instructors with step-by-step instructions to deliver real fitness results.

PLANT-BASED NUTRITION

Expert advice from the top plant-based nutritionists on healthy eating habits, supplementation and foods to support your athletic performance and best health practices.

RECIPES

Delicious plant-based recipes from top chefs and food bloggers around the world. Food even non-vegans will love.

SPORTS MEDICINE

Cutting edge news from the world of sports medicine. Top doctors share their knowledge on new therapies and strategies for injury prevention and treatment.

GEAR & APPAREL

The latest, most stylish gear around. Running and trail shoe reviews, gym fashion, yoga wear, outerwear and running apparel and technology to make you look and feel great.

ATHLETES WITH IMPACT

Some of the most moving stories you'll ever read, these inspiring athletes have faced significant physical or mental challenges and have come out stronger than ever.

TRAVEL

The best places to visit for an active vacation. From exotic to local, our travel stories will inspire you to step into a new adventure.

HEALTH & WELLNESS

Top experts from around the world share advice on how to maintain your mental and physical health and maximize your wellness.

Have an editorial suggestion?

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



2026 Editorial Calendar

INSPIRATION



RUNNING



OUTDOOR & TRAVEL



WINTER 2026

- Canada's Top Fitness Trainers & Awards
- Inspirational workouts for the new year
- How to succeed in sport, work and life
- Nutrition for life

FITNESS



HOLIDAY GIFT GUIDE



FALL 2026

- Inclusivity & diversity in the fitness industry
- Resilience for runners
- Top gym and yoga fashions
- Why a plant-based diet is essential for health

HOLIDAY EDITION 2026

- Fitness Products
- Must-Haves for the Kitchen
- Gear & Apparel
- Health Products & Services
- Travel Packages

SUMMER 2026

- Adventure travel & staycations
- Annual trail running shoe review
- Top Canadian fitness escapes
- Fun on the water this summer



AWARDS

- AMA MAGAZINE OF THE YEAR 2022
- AMA MAGAZINE OF THE YEAR FINALIST, 2021
- SILVER BEST DIGITAL EDITION PUBLICATION, Canada COPA Awards 2022
- SILVER BEST PHOTO JOURNALISM, Canada, COPA Awards 2022
- SILVER BEST PHOTO JOURNALISM, Canada, COPA Awards 2020
- GOLD BEST BRANDED CONTENT, Canada, COPA Awards 2020

2026 Advertising Features

INSPIRATION ISSUE



CANADA'S TOP FITNESS TRAINERS

- Sponsor our annual Canada's Top Fitness Trainers and 2026 Awards Gala & Canadian Fitness Industry Conference.

INSPIRATION ISSUE



2026 HEALTH CLUB & FITNESS STUDIO GUIDE

- Share your health club or fitness studio story.

RUNNING ISSUE



2026 RACE SOURCE GUIDE

- Canada's original and most comprehensive list of races in 2026 from large to small including running, triathlon, adventure, duathlon, obstacle course, cycling and fitness events.

SUMMER ISSUE



TOP DOCTORS & MEDICAL CHAMPIONS

- Shine a spotlight on your medical practice and introduce your facility and all it offers to our health-conscious readers.

WINTER DIGITAL



HOLIDAY GIFT GUIDE + 12 DAYS OF FITNESS GIVEAWAYS

- Show off your best health and fitness products in this wish list along with our biggest contest of the year.

CONTINUOUS



SPONSORED CONTENT FEATURES

- Tell us your story, or let us help you tell your story through our media solutions all year long in print, online and through dedicated e-newsletters.

Advertising

Rates

Advertising rates for IMPACT Magazine are based on distribution and ad frequency. **All print advertising is automatically included in the digital edition via issuu at no additional cost.**

TERMS & CONDITIONS

- Rates are for printed advertising space on a per-issue basis.
- VISA, MasterCard and e-Transfer accepted; GST additional.
- All advertising must be prepaid by creative due date unless advertiser or agency has established previous credit prior to printing.
- Credit terms are net 30 days from date of invoice. Past due accounts will forfeit frequency discounts and are subject to an additional service charge of 2% per month (24% per annum).
- No cancellations accepted after creative due date.
- 15% discount available for non-profit organizations.

MECHANICAL CONDITIONS

- Advertising must be supplied by client to IMPACT Magazine specifications (see page 12).
- Rates for professional advertising design are available upon request.
- Position of advertising is at the discretion of IMPACT Magazine, except when guaranteed by contract. The Publisher reserves the right to refuse any advertisement deemed objectionable or inappropriate.
- Advertisers assume liability for contents of all advertisements printed.
- **Custom campaign options include:** sampling, tip-ons, blow-ins, special sections and more.

NUMBER OF ISSUES	ADVERTISE REGIONAL			ADVERTISE NATIONAL		
	1X	3X	6X	1X	3X	6X
Full Page	3,225	2,875	2,525	5,975	5,325	4,675
1/2 Page	2,500	2,250	1,950	4,625	4,125	3,575
1/3 Page	1,750	1,525	1,275	3,255	2,750	2,350
Community Ad (1/4 Page)	625	N/A	N/A	N/A	N/A	N/A
PREMIUM POSITIONS	1X	3X	6X	1X	3X	6X
Outside Back Cover	4,075	3,675	3,225	6,775	6,425	6,000
Inside Front or Back Cover	3,575	3,225	2,875	6,425	5,975	5,325
Double Page Spread	6,150	5,475	4,800	11,350	10,000	8,875
Reach Per Issue	84,000 Readers			168,000 Readers		

12 Million Magazines Published • 32 Million Readers



Added Value

Make an **IMPACT** with your products

With each print insertion in IMPACT Magazine, you can choose to showcase your product for free in one of our 'IMPACT Picks' gear features. These features are included both the print and digital editions as well as on impactmagazine.ca and drive readers to your product while enhancing the visibility of your brand.



IMPACT PICKS

The Future of Wearable Health

EDITOR'S PICKS  KATY WHITT

Hexoskin PRO SMART CLOTHING
This best-in-class smart garment comes with a comfortable base layer smart shirt with integrated sensors. Data can be visualized in real-time with the Hexoskin App on iOS and Android smartphones and tablets.
\$730.00 | WWW.HEXOSKIN.COM

Polar VERITY SENSE & M2 ARMBAND
Polar Verity Sense is a versatile high-quality optical heart rate sensor that measures heart rate from your arm or temple with maximum freedom of movement.
\$129.99 | WWW.POLAR.COM

TrueLight LIGHT THERAPY EYEWEAR
TrueLight® utilizes ground-breaking LED technology to safely and effectively help stimulate cellular healing, muscle recovery and collagen production. Pulsating or steady light options assist in healing and pain relief.
\$60.70-\$122.00 | WWW.TRUELIGHT.COM

Stryd POWER METER
Stryd tracks your running power – the fastest way to your next personal best. Running power accounts for your speed, slope, run form, fatigue, and wind to deliver improved pacing wherever you run.
\$299.00 | WWW.STRYD.COM

Hapbee WEARABLE
A truly innovative wellness wearable that allows you to control your sleep, your energy, your focus or your anxiety by means of a headband controlled by an app.
\$500.00 | WWW.HAPBEE.COM

Garmin FORERUNNER 55
An easy-to-use GPS smartwatch designed for people of all skill levels. Health features include stress tracking, Body Battery energy monitoring, intensity minutes, fitness age, respiration tracking and women's health tracking.
\$199.99 | WWW.GARMIN.COM

Biostrap RECOVER SET
Utilizing a clinically reliable biosensor, the Biostrap wrist-worn device captures advanced biometrics, analyzes sleep quality and provides actionable insights to empower users to optimize their sleep, recovery and overall performance.
\$385.00 | WWW.BIOSTRAP.COM

Muse MUSE 2 HEADBAND
Muse is a brain sensing headband and the first widely available consumer tool to provide users with real-time biofeedback on your meditation state using auditory cues helping you better relax, meditate, and rest – allowing you to refocus during the day and recover overnight.
\$299.99 | WWW.CHOOSMUSE.COM

Oura Ring OURA RING GENERATION 3
This wearable health platform delivers accurate personalized health data, insights, and daily guidance. The ring tracks all stages of sleep and accounts for daily activity to provide practical steps for long-term improvement.
\$299.00 | WWW.OURARING.COM

22 | 30th Anniversary Issue 2021 | IMPACT MAGAZINE

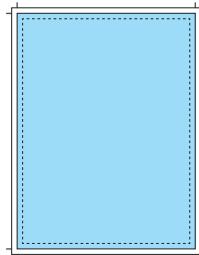
IMPACT MAGAZINE | 30th Anniversary Issue 2021 | 23

Print Specifications

General Guidelines

FILE PREPARATION

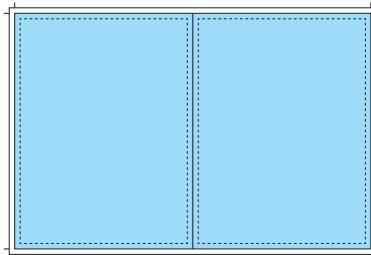
- Place crop and printer marks outside the bleed area.
- Avoid using 4 colour black for body text.
- Ads requiring changes must be sent as packaged InDesign files with all fonts/images included.
- All special photography, scanning, cropping, retouching, illustrations, typesetting and design will incur production charges.
- Final proofing is the responsibility of the advertiser.



Full Page

ACCEPTED FILE FORMATS

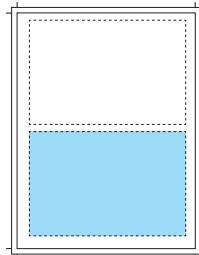
- Adobe .PDF (X1-A preferred) with bleed and trim marks.
- Raster/Photoshop TIFF or EPS with embedded fonts.
- Vector/Illustrator .EPS or .AI with text turned to outlines.



Double Page Spread

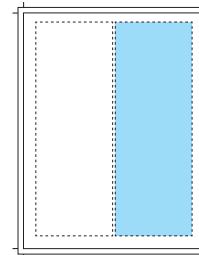
FILE SUBMISSION

Files should be submitted at 300 DPI and in CMYK colour. Pantone colours are not accepted and may cause issues during conversion if used with transparency.

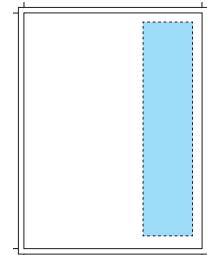


**Horizontal
1/2 Page**

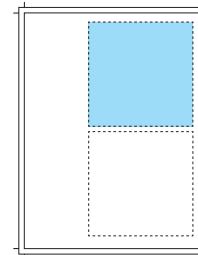
- **Files under 10mb:** Email directly to design@impactmagazine.ca.
- **Files over 10mb:** Upload and send using WeTransfer/ Dropbox to design@impactmagazine.ca.



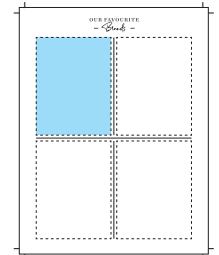
**Vertical
1/2 Page**



**Vertical
1/3 Page**



**Square
1/3 Page**



**Our Favourite Brands
1/4 Page**

QUESTIONS?

Contact **Art Director** at design@impactmagazine.ca.

Sponsored Content

Share your story with IMPACT readers through a sponsored content page in print, digital or on impactmagazine.ca.

HOW IT WORKS

You can either write the story yourself or IMPACT can provide editorial services to help you craft a professional final product. Once written, our creative team will incorporate the article into an inspiring format that engages readers.

Print edition sponsored content pieces can be up to 325 words with 1-2 photos and your logo.

Sponsored content pieces on IMPACT's website can also incorporate video, as well as additional photos, logos and graphics. And, there is no restriction on word count for your story online!

Your sponsored content article will also appear once in IMPACT Magazine's weekly e-newsletter along with one boosted Facebook post.

PRINT RATES

Cost of full page print ad (see page 10)

ONLINE RATES

1,500 add-on to print • 2,500 digital only

DEDICATED E-NEWSLETTER

1,000

PRINT/DIGITAL EDITION



WELLNESS TAKES FLIGHT

From immune-boosting wellness shots to nourishing Canadian-made treats, Air Canada is turning travel into a satisfying journey.

Wellness in the Skies

Passengers departing from the newly renovated Toronto Pearson International Airport after 8:30 a.m. along with all other air passengers, can now enjoy complimentary Greenhouse Ginger Detox Wellness Shots in their snack baskets, crafted by Toronto-based Greenhouse Juice. Made with organic ginger, turmeric, and orange extract, it's an energizing kick to strengthen your immune system while you fly. Passengers can also enjoy a variety of Canadian-made treats in the snack basket on all other Air Canada flights within North America for those looking to enjoy the benefits any time.

Savour the Best of Canada

As Canada's first airline, Air Canada continues to champion hometown flavour with nutritious, Canadian-made offerings. Passengers are choosing the creamy delight of Summer Fresh Hamlets & Crackers, or indulge in the colourful, fun Vita 5-Vegetable Triangl Crisps, made from potato, tomatoes, carrots, onions, and carrots. Canadian-made treats are also available in the snack basket for convenience, perfect for those moments of mindful indulgence at 30,000 feet.

Nourishing Options for Morning Travellers

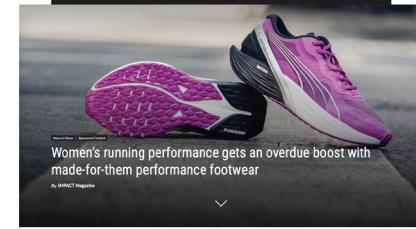
Air Canada now serves Multifuelled Morning's Canadian-Ban Organic Soft Baked Oat Bars complimentary on all flights before 10 a.m. Entirely organic, non-GMO, and free from the top nine allergens including nuts, dairy, and gluten, these bars are a thoughtful choice for passengers with dietary sensitivities and anyone seeking a clean-label, nourishing start to their day.

AIR CANADA

www.aircanada.com

Sponsored Content

ONLINE



IMPACT MAGAZINE Lynx®

FlyLynx.com

Women's running performance gets an overdue boost with made-for-them performance footwear

By IMPACT Magazine

SHOE PLUMA Run XX™
HIGH-TECH, LIGHTWEIGHT, DURABLE, EVA ENERGY RETURN™ 74.00%

Genders varying for equality have faced challenges over the ages, but as far optimally fitting running shoes go, they can finally take a step closer.

Today, more females than males are choosing up to distance runs from 20K to marathons, a trend which has earned overdue attention from performance running shoe designers. PLUMA, who are now the first to introduce a women's running shoe designed specifically for females, is the first to be released, their for females only, the Run XX™.

Industry-wide, until now, the foot has traditionally been used to craft performance runners - even though one shape obviously doesn't fit all. Women's running shoes have simply been made as such, with the assumption that the female foot is a smaller version of the male foot. This has led to obvious differences in shape and proportion to the female foot compared to men's.

For PLUMA, who have been a proud brought and dedicated from research PLUMA acknowledged, and responded by leading new product development in the industry to that women would be more comfortable in running shoes. The Run XX™ is the first running shoe to be specifically designed above the biomechanics of running traditionally took its data from male athletes only.



Perspectives
Health & Fitness
Women's running performance gets an overdue boost with made-for-them performance footwear

By IMPACT Magazine

Implwood Family Dental Provides Emergency Dentistry

SHOE PLUMA Run XX™
HIGH-TECH, LIGHTWEIGHT, DURABLE, EVA ENERGY RETURN™ 74.00%

Women's running performance gets an overdue boost with made-for-them performance footwear

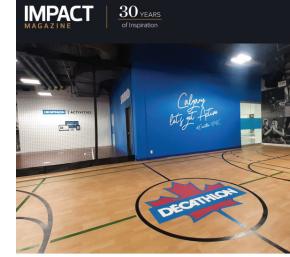
By IMPACT Magazine

Only Oxygen
IMPACT Magazine

Call of the Mountains
IMPACT Magazine

Downtown Calgary's Premium Fitness
IMPACT Magazine

EMAIL



Discover Canada's Newest Sports Experience

Decathlon's model of making sports accessible to all is creating waves across Canada

Decathlon isn't your ordinary sports store, it's a hub where sports enthusiasts of all ages can not only shop for affordable products but test them out before they buy. With over 100,000 square feet and 7,000 products, Decathlon offers a unique blend of training, sports and outdoor shopping habits since it opened its first store in Canada in 2018. Now with 11 stores in Canada, including their retail and automated warehouse concept store that opened in Calgary in November, sports have never been more accessible.

DECATHLON

www.decathlon.ca

Participating in sports shouldn't be a "luxury," says Laylone Lee, Decathlon's CMO. The fair pricing policy backs that up. "As we design and manufacture our own products, we challenge teams throughout the supply chain to gain efficiencies through economies of scale, which allows us to offer the lowest prices possible."

EMAIL



KEEPS THE ENERGY FLOWED THROUGH EACH STRIDE

In the Run XX™, women will find that the harness headband and narrower fit at the arch and keep weight off their heel. With a better chance for proper alignment, the Run XX™ is a more efficient runner, which is great for running long distances. The Run XX™ is also designed as a stability shoe, meaning it's able to side-step motion like pivoting with its features, including an internal support ring component that holds

Online Advertising

Expand Your IMPACT Online

LEADERBOARD & BOX BANNER ADS

Our site offers responsive sizing and a shared ad pool that only rotates with the initial page load.

STORY SPONSORSHIP

Individual IMPACT Magazine stories can also be sponsored with banner ads and video at the bottom of the article to promote your brand.

WEBSITE TAKEOVER & CUSTOM TABS

Customized packages to be discussed directly with client.

STATISTICS MONTHLY INSIGHTS

47K+ Users

21,816 Pageviews

1:58 Minutes Average Time Per Page

65% From Mobile Devices

DIGITAL EDITION

39,124 Flip Throughs Per Issue

The screenshot shows the IMPACT Magazine website with a navigation bar at the top. A prominent 'Leaderboard Ad' is displayed in a blue box. Below it, a large image of a man in a grey t-shirt is labeled 'Plant-Based Pioneer'. To the right, there are several smaller sections: 'DIGITAL EDITIONS' featuring 'FALL FITNESS & FOOD', 'TOP FITNESS INSTRUCTORS', and 'NOMINATIONS NOW OPEN FOR JANUARY 2023 ISSUE!'. At the bottom, there's a section for 'SWEAT ACROSS CANADA' with a 'SIGN UP' button.

ADVERTISING TYPE	RATE
A Leaderboard Ad	800/month
	728 x 90 pixels (require 320 x 50 pixels for mobile)
B Box Ad	800/month
	300 x 250 pixels
C Story Sponsorship	750
	600 x 200 pixel banner + embedded video

PACKAGE IT UP!

Let us customize your campaign with print, digital, newsletter and social!

The screenshot shows the 'FEATURED IMPACT' section with an article about 'Overcoming Rejection' by Scott Cruickshank. It also shows 'FITNESS' content like 'Movement Matters' by Katy Bowman and 'The Physiology of Yoga' by Andrew McGonigle. On the right, there's a 'SPONSORED CONTENT' section for 'Inglewood Family Dental Provides Emergency Dentistry'.

Social Media & E-Newsletters

Top-Of-Mind Presence

SOCIAL MEDIA

Join IMPACT's health and fitness community on social media and boost your content to our followers on Facebook.

 [@IMPACTMAGCANADA](#)

29,000+ followers

83,137 monthly reach

 [@IMPACTMAG](#)

9,600 followers

16,500 organic reach, monthly

 [@IMPACT-MAGAZINE](#)

1,750 followers

126,120 social reach, monthly

WEEKLY E-NEWSLETTER

14,000 subscribers

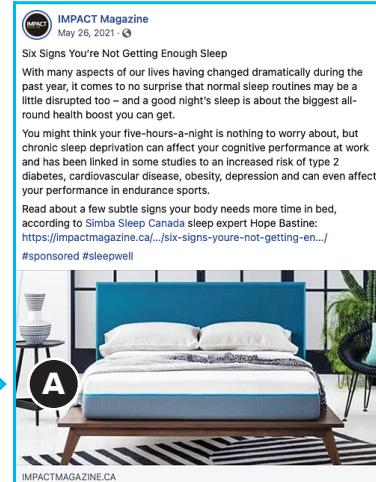
Sent out every Friday, the IMPACT E-Newsletter averages a 52.7% open rate and is a trusted resource for news, editorial features, product reviews and amazing contest opportunities.

ADVERTISING TYPE

B E-Newsletter Banner

200/each

600 x 200 pixels



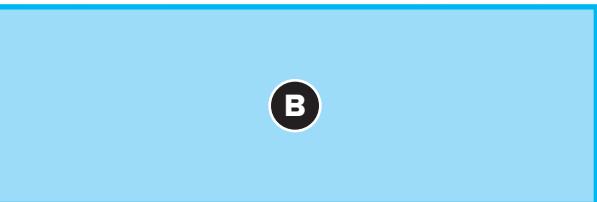
Boosting your Exercise Performance and Recovery

Food & Nutrition

Is magnesium part of your nutrition plan? Studies show it can help your fitness and endurance. Your body needs magnesium for sleep, energy, stress management, mood regulation, brain health, strong bones, healthy blood sugar, inflammation, and more.

[Read more](#)

B



The High-Impact Injury

Sports Medicine

Stress fractures occur in high-intensity activities, and are one of the five most common running-related injuries and account for six to 14 percent of all injuries sustained by runners.

[Read more](#)



Losing Fat and Building Muscle



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