

# 2026 Inspiration Issue February

**IMPACT**  
MAGAZINE

## CANADA'S TOP FITNESS TRAINERS

### FEATURE FOCUS

- The issue will recognize, elevate, and honor Canada's Top Fitness Trainers of 2026.
- The program celebrates trainers who demonstrate expertise, leadership, integrity, inclusivity, and a deep commitment to helping Canadians live healthier, stronger lives.

### ISSUE CONTENT HIGHLIGHTS

The Inspiration Issue will include articles on:

- Hard Core Explore Workout
- Mobility Training
- Exercise and Your Heart
- Better Health with AI
- Redefining Success in Sports
- Our Inspiring Athletes with IMPACT
- The Morning Run
- Bone Health & Nutrition
- Our Favourite Winter Recipes
- **Plus: Our 2026 Health Club & Studio Profiles**

### AUDIENCE AND PARTICIPATION

- IMPACT Magazine has a reach of over 250,000 readers and industry professionals, delivering exposure to a highly engaged, health-conscious audience.
- Participation in the issue is described as a powerful statement of leadership and commitment to the future of health and fitness in Canada.



### IN THIS ISSUE

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### BE PART OF THIS ISSUE

[elaine@impactmagazine.ca](mailto:elaine@impactmagazine.ca)