



fit

10 issues per year

Readership 46 000

Reads per issue 1,9

Time spent reading 40 minutes

National Media Survey KMT 2021

Fit is an inspiring sports and wellness media, that brings energy into an everyday life and helps dreams come true. Fit provides motivation for exercising, healthy eating, life changes and finding an inner balance with easy tips that work amongst the hectic life. In every issue you find the newest trends and news from the world of fitness and sports, concrete training tips, food and wellness stories, light recipes, and interviews with interesting people. All in a well informed and motivating package. Wellness is for everyone!

Schedule

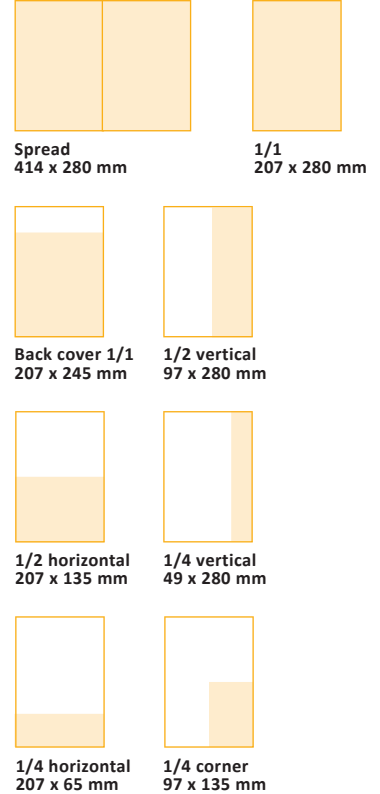
Issue	Pub.date	Ad dl	Themes
1	5.1.	16.12.2021	Find the joy of movement. Avoid beginner mistakes. FIT AWARDS: most important wellness phenomena of 2022. Filling soups of winter.
2	2.2.	14.1.	Skiing extra. Choose right skis, technique tips and ancillary training. Delicious instant pots.
3	2.3.	11.2.	Quick workouts. Get in shape fast with 10-30 minute programs. Waterproof mascaras. Light soups.
4	6.4.	18.3.	Running extra. Testing running sneakers. Expert's ancillary training tips. Refuel carbs.
5	11.5.	22.4.	Trip extra. Interesting natural sites, equipment guide and food. Take care of your feet.
6	15.6.	25.5.	Mental wellbeing. Cherish your brain. Advantages of everyday exercise. Best equipment for water sports. Let's talk about veggies!
7	10.8.	22.7.	Strong body. Best power moves. ABC of abs workout. Shopping guide to training clothing. Nutritious classics of weekday meals.
8	14.9.	26.8.	Gym extra. Efficient gym program. Choose the right gym membership. Take care of protein.
9	19.10.	30.9.	Nutrition extra. Important vitamins. Healthy stomach: calm your guts. Best tips for bad hair day.
10	23.11.	4.11.	Yoga extra. Researched information about recovering. Winter sports fashion. Healthy snacks.

More info fokusmedia.fi/media/fit

FOKUS MEDIA

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Advertising sizes



Please note! 5 mm bleed will be added.

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1/1 page	2 950
back cover	3 200
1/2 page	1 750
1/4 page	1 200

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