

EDITORIAL CALENDAR 2008

JANUARY **Great In '08 Issue**

Fantastic Cleansing and Detox Diets
Houston's Most Comprehensive Gym Guide
Super Wardrobe Makeover!
What Can A Sports Coach Do For You?
Special Feature: Weight Loss '08

FEBRUARY **The Keeper Issue**

Good Red Meat?
African-American Fitness Pioneers
Valentine Bridal Beauty
'08 Recreational Sports Calendar
Special Feature: Spa Spectacular

MARCH **Forever Fabulous Issue**

Great Emotional Health
Workouts For Every Age
Cutting Edge Cosmetic Surgery
New Urban Living
Special Feature: 2nd Annual Cosmetic Professional Directory

APRIL **New Career Horizons Issue**

Where The Jobs Are In Healthcare
So You Want To Become A Personal Trainer?
Kay King's "How To Break Into The Fashion Business"
Careers In The Fast Lane
Special Feature: HFSM's Exclusive Employment Section

MAY **Swimsuit Issue**

Laugh Your Way To Better Health
Sexy Stripper Workout!
Swimsuits Galore
Action Packed Galveston Getaways
Special Feature: Summer Getaways
Special Feature: Reflections
Special Feature: Personal Trainer Guide

JUNE **Men's Issue**

Healthcare For Guys
Fit Fathers & Sons
Not Your Dad's Shorts
Everything Outdoors!
Special Feature: Today's Man

JULY **Skin Care Issue**

Sweet Dreams!
The Faces of Fitness
Summer Skin Care ABCs
Astros In The Community
Special Feature: Skin Care Guide

AUGUST **Great Smile Issue**

High Tech Dental Care
Fit Couples
Kay King's Fall & Winter "After The Workout"
Houston's Olympic Heroes
Special Feature: Your Dental Health

SEPTEMBER **23rd Anniversary Issue**

Miracle Drugs!
Success Stories: "Where Are They Now?"
Hair Styles Today... And Yesterday
Legendary Weekend Warriors
Special Feature: Spotlight On Nurses
Special Feature: Healthy Aging

OCTOBER **Total Women's Issue**

Houston's Top Women Doctors
Fit Moms & Daughters
Great Accessories
She's Got Next!
Special Feature: Today's Woman

NOVEMBER **The Wellness Issue**

Grocery Stores Go Green
Family Fitness
Fashion And Makeup For Every Age
Corporate Sports Teams
Special Feature: Best Doctors
Special Feature: HWA Worksite Wellness Program

DECEMBER **Holiday Spectacular Issue**

Gold Star Hospitals
Hot Fitness Products Gift Guide
Houston's Charity Angels
Where Houston Skis
Special Feature: Best Doctors

Coming In January 2009: *Houston's Medical Visionaries • Top Fitness Trends for '09*



HEALTH & FITNESS
SPORTS MAGAZINE®
www.healthandfitnessmag.com
HOUSTON 713-552-9991
FAX 713-552-9997
1502 Augusta Dr Ste 230, Houston TX 77057

OUR MONTHLY COLUMNS AND THEIR CONTENT:

FAST BREAKS - sports, fitness, wellness & style news • RUNNING - personalities & training news • CYCLING - latest trends & newsmakers • ADVENTURE SPORTS & TRAVEL - adrenaline sports & destinations • FIT SCENE - Houstonians participating in fitness & sports events • EXERCISE - great workout routines • SUCCESS STORIES - local autobiographical "fat to fit" story • FITSHOP - books, DVDs & gear • NUTRITION - cutting edge news & information • HEALTHY COOKING - nutritional, low-fat recipes • MEDICAL BREAKTHROUGHS - innovations in medicine • MOVERS & SHAPERS - a pictorial who's who in health & fitness • IMAGE ESSENTIALS - beauty & style products • BEAUTY BULLETIN - news, products & more • ACTIVE RESOURCE GUIDE - local sporting clubs & associations • EVENTS CALENDAR - listings of local sports, fitness & health events • FITNESS ENTHUSIAST - profile of active local person