



A GLOBAL PLATFORM FOR WOMEN HEALTH  
AND FITNESS SOLUTIONS



# About Us

Women Fitness is a fast-growing online women health and fitness support, reaching out women in 150 countries around the world and published in 10 languages. Launched in 2000, Women Fitness continues to reach millions of unique visitors each month. It is one of the most popular website in the world, rated among Top 100 websites for women by Forbes. It is selected in Yahoo! women health directory as Top seven websites by popularity. Google, Bing and Yahoo! give Women Fitness top search result over a million other sites for the key word 'women fitness'.

Women Fitness has opened new ground for women to gain access to the latest development in women health. We at Women Fitness strive to provide visitors easy-to-adapt lifestyle solutions from around the world.

The company's mission is to spread health & fitness awareness among female of all age group (16- 60 and above) and the society at large. Healthy Lifestyle is a choice to rise against obesity and WF health and fitness experts are committed to help women achieve health & fitness goals.

In last twenty five years every leading women centric, health related brand has advertised on Women Fitness.

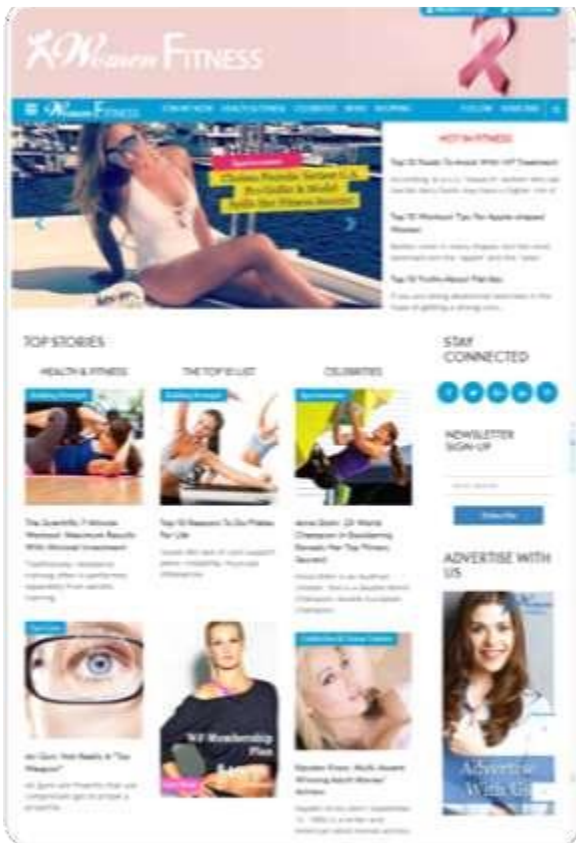


# 150 Country Editions

Spreading out in 150 countries, Women Fitness brings you the latest health and fitness researches. Each country edition aims to reach out women of that particular destination with the best of health support. Every country edition is tailor-made for the country it serves and has relevant women health articles of its own country. All editions editorial focus has a bias towards latest women health international articles.

US Edition (<http://womenfitness.net/>)

UK Edition (<http://uk.womenfitness.net/>)



[In All 150 country specific sites](#)

[View All Country Editions](#)



# Editorial Philosophy

## Women Fitness offers over 16 Channels

- ❖ Weight Loss
- ❖ Obesity Centre
- ❖ Yoga
- ❖ Beauty
- ❖ Exercise & fitness
- ❖ Healing Herbs

Women Fitness offers readers a unique take on women health news. Our editorial point of difference versus traditional women health and fitness sites is that Women Fitness offers a higher ratio, sometimes up to 90 per cent, of global women health and fitness articles to local news. We provide rapid delivery of local in-country news and latest women health and fitness articles that are developing around the world based on latest published and reported researches up to the last minute.



[Weight loss](#)



[Healing Herbs](#)



[Beauty](#)



[Yoga](#)



[Obesity Centre](#)



[Exercise & fitness](#)

## More Channels

- ❖ Fertility & Pregnancy
- ❖ Women Health Concern (Disease Specific)
- ❖ Fitness for Models
- ❖ Healthy Recipes
- ❖ Women Body Building
- ❖ Fitness Tools
- ❖ Fitness Components
- ❖ Fitness Articles
- ❖ Fitness News
- ❖ Country Specific Editions



[Fertility & Pregnancy](#)



[Women Health Concern](#)



[Fitness for Models](#)



[Healthy Recipes](#)



[Women Body Building](#)



[Fitness Tools](#)



[Fitness Components](#)



[Fitness Articles](#)



[Fitness News](#)



[Country Specific Editions](#)



## Testimonials and Global Recognitions

Leading women from the world of Fashion, Modelling, Bodybuilding, Sports World Champions, Hollywood actresses, Doctors and ladies from all walks of life have testified the supremacy and authenticated its effectiveness in changing their healthy lifestyle.

“ I would like to say that I love what you do, and I love the platform as health is a big part of my life and who I am. Keep encouraging women to be their best self in all ways possible. Both in mental and physical health because it's key. Keep up your amazing work!

[Katia Rakuljic: International Model and Miss International](#)

“ Overall, I believe that Womenfitness.net is a valuable resource for anyone looking to improve their health and fitness. Its dedication to promoting women's health and wellness is commendable, and I would encourage anyone interested in these topics to check it out.

[Lacey Asher: Car Racer](#)

“ It's a wonderful website promoting and celebrating women and all of their accomplishments in fitness and daily events. I'm truly honored to be a part of this amazing website and be able to share my story to others. Thank you!

[Sheara, Model](#)

“ Women fitness website is a complete database to explore every aspect of your health. You're doing an amazing job providing all this information for women.

[Tania Watson: Actress](#)

“ Think it's a great website promoting and celebrating women and all of their accomplishments. I'm truly honored to be a part of this great website and be able to share my story.

[Katie Gannon](#)



# Advertising Opportunities Available

## Creative CPM

- ❖ 300x250 Medium Rectangle
- ❖ 728x90 Leader board
- ❖ 300x250 In-banner video
- ❖ 300x600 Half-Page Banner Expandable
- ❖ 336x280 Rectangle
- ❖ 160x600 Right side Skyscraper
- ❖ 120x600 Thin Skyscraper
- ❖ 468x60 Base Leader board
- ❖ Newsletter Weekly Recommendation.

## Other Opportunities

- ❖ [Platinum Advertisement Program](#)
- ❖ Text Links
- ❖ Video Banners
- ❖ Expendables
- ❖ Skin
- ❖ Face book, Google Plus and Twitter Paid
- ❖ Posts
- ❖ Newsletter banner advt
- ❖ Digital Magazine
- ❖ Size of Inventory:  
30,00,000 plus advt views a month.
- ❖ WF Bi-monthly Digital Magazine
- ❖ Women Fitness App
- ❖ YouTube Channel

## Global/Local Targeting Capabilities

- ❖ Content (Edition, Channel, Home Page)
- ❖ Geo-targeting (Country, State, and City)
- ❖ Frequency
- ❖ Monthly
- ❖ Annual
- ❖ CPC



# Creative solutions:

300x250 Rectangle Ad (Home Page)

The screenshot shows the homepage of the Women Fitness website. At the top, there is a navigation bar with the site logo and various menu items. Below the navigation, there is a featured article titled "HOT IN FITNESS" with a sub-headline "The Female Tennis Superstar Ana Ivanovic Reveals Her Fitness Secrets". To the right of this article, there is a 300x250 ad space. Below the main content, there are several "TOP STORIES" sections, each with a small image and a headline, such as "Building Strength", "Diet Management", and "Celebrities". At the bottom, there is an "EXERCISE & FITNESS" section with more article thumbnails. The 300x250 ad is a yellow rectangle with the text "728x90" and "120x600" and "160x600" indicating ad sizes.

728x90, 300x250, 120x600, 160x600 (Inner Pages)

The screenshot shows an inner page on the Women Fitness website. The main article is titled "Chelsea Pezzola: Sexiest U.S. Pro Golfer & Model Spills Her Fitness Secrets!". The page features several ad placements: a large yellow ad at the top right with "728x90" text, a vertical yellow ad on the left side with "120x600" text, another vertical yellow ad below it with "160x600" text, and a yellow ad at the bottom right with "300x250" text. The page also includes a "STAY CONNECTED" section with social media icons, a "NEWSLETTER SIGN-UP" form, and an "ADVERTISE WITH US" section with a photo of a woman and the text "Advertise With Us".



300x300, 460x60, 728x90, 160x600, 120x600,

650 x 160 (Emag)

**160X600**

**120X600**

**300X300 (Expandable)**

**300X250**

**Ms. Nerita Hayer:** You have graduated from the University of Michigan in 2014 loving studied Business of Sport, and during your time at the college you've played for the Michigan Wolverines. You won your first title of the Most Valuable Player in 2006 in regional golfing championships when you were 14. You currently compete for Florida's Suncoast Ladies Tour and again to be a part of LPGA. Tell us more about this successful professional journey of yours and how it all began?

**Ms. Chelsea Pezzala:** My love for golf truly starts when I was a toddler! My stepdad knew enough to tell some golf balls that he would catch and throw back to me. I ended up hitting a ball over the fence and he recognized my natural ability for the sport.

My love for golf continued to grow when we moved to Arkansas and I joined the Fayetteville Country Club. I was competing with friends and enjoying every minute of it! I entered into the U.S. Kids Program where I would play against my toughest opponent, but I was determined to win... Winning would mean that I would be traveling to the next round and my Dad would get to see me play. I was so focused on getting to the next round and I won by 3-4 holes!

Golf had become my passion by high school so I told my mom and family that I wanted to go to a golf academy and I ended up at IMG. It was an incredible experience—it was the first time I had a real golf coach and I continued to grow. I ended up playing on the golf at the University of Michigan and decided I wanted to pursue the professional golf route as my career.

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The American College of Sports Medicine (ACSM) recommends 8 to 12 repetitions of a resistance training exercise for each major muscle group at an intensity of 40% to 60% of a one repetition max (1RM) depending on the training level of the participant. To learn more check out this week's article, [The Scientific 7-Minute Workout: Maximum Results With Minimal Investment](#)

**Fitness**  
**Name**  
[Nerita Hayer](#)

[The Scientific 7-Minute Workout: Maximum Results With Minimal Investment](#)

Traditionally, resistance training often is performed sporadically from aerobic training — typically on two or three non-consecutive days each week. [Read More](#)

**Success Quote**  
Persistence, perseverance and persistence is quite all that counts. Motivation and inspiration is a plus, but it all drops away when the going gets tough from the road.  
— Thomas Carlyle

**650 x 160** \$49.99

**Fitness Tip**  
You can get all the protein you need from plant foods. Just make sure you're getting enough calories from a variety of fruits, grains, legumes, and greens. Make salads and rice with a dash of oil and vinegar or a classic vinaigrette dressing.

**Annabelle Knott, UK's Leading Relationship & Sex Expert Reveals All Her Relationship Secrets!**  
Annabelle is one of the most relevant experts when it comes to dating, sex and relationships. She's a certified couples counselor and has helped countless couples as well as working as Channel 5's Big Brother's Big on the Side, ITV's The O'Brien Show and the ever popular day time TV show, The Morning Delighting hot topics and taking live calls from women.

**Words Of Inspiration**  
**Methods of Landmines**  
Every goal we set naturally comes with a plethora of obstacles that are attached to that goal.  
These land mines show up in our lives as a set of obstacles, challenges and problems that we must surpass in order to get to our end destination, which is our goal. We fail, simply we occasionally encounter through these land mines and overcome them. When we fail to learn the valuable lessons that are required to keep us achieving — and keep — our goal then we get to fail and frustration.  
A Landmine never really makes anyone change the money. They only show their reality because they didn't go through the struggles, obstacles, challenges and problems that will make someone fail, and so a result they are not able to hold onto their goal.  
Money is money what do you get!

**650 x 160**

Subscribe to our Weekly Newsletter Now!

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**728X90 Base Leader board**

**460X60**

# Partnership Contacts

## Sales

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## Business Development

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