



fit

10 issues per year

Readership **74 000**

Reads per issue **2.1**

Time spent reading **43 minutes**

National Media Survey KMT 2018

The redesigned *Fit* is Finland's most popular fitness magazine. *Fit* inspires readers and helps readers achieve their goals with workout routines, dietary tips and health advice.

Schedule 2019

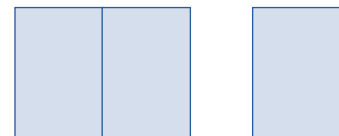
Issue	Pub. date	Ad deadline	Theme
1	2.1.2019	30.11.2018	More power to your training. Design your own sportswear. Safe exercise plans for those with cardiac issues. Winter outdoor gear. Healthy ready-made meals. Winter hair care.
2	6.2.	15.1.	Wonderful body. Sport-friendly underwear. Pampering. Over-training. Best soups for training. Soft skin.
3	6.3.	12.2.	Jogging season begins. Three running programmes. De-stressing. Running shoes, clothes and gear. Sports drinks. Seeds and nuts. Healthy legs.
4	3.4.	12.3.	Fall in love with cycling. Outdoor activities. New bikes and best outdoor gear. Prevent knee injuries. Fast-track your summer body. Trekking snacks. Spring beauty trends.
5	2.5.	2.4.	Outdoor power workouts. Balance your stomach. Sunscreens. Sports swimsuits and sunglasses. Salad and salad dressing.
6	12.6.	21.5.	Beach workouts. Strong core. Posture. Lighter bbq options and summer drinks. Best street fashion. Glowing skin.
7	14.8.	23.7.	Challenge yourself, learn something new! Inspiring workouts. Season's latest fitness wear. Effective cool down, meditation techniques. Week's food plan. Hair products for a busy life.
8	11.9.	20.8.	Sporty vegetarians. Plant-based proteins. Vitamins. Strong ankles. Home gym equipment. Basic level workouts. Autumn's running fashion. Beautiful base makeup.
9	16.10.	24.9.	Strong women: strengthen muscles in your 20s, 30s, 40s, and 50s. Daily yoga routine. Boost your metabolism. Comfortable loungewear. Tasty comfort foods. Lasting makeup.
10	20.11.	29.10.	Fitness watches, apps, high tech, smart clothes. Prevent back injuries. Inspiring winter activities, winter biking, skating. Care for your hands. Light treats.

More information fokusmedia.fi/media/fit

FOKUS MEDIA

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Advertising sizes



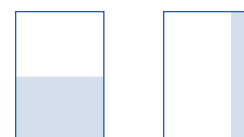
Spread
414 x 280 mm

1/1
207 x 280 mm



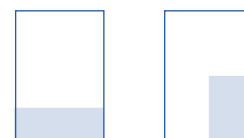
Back cover 1/1
207 x 245 mm

1/2 vertical
97 x 280 mm



1/2 horizontal
207 x 135 mm

1/4 vertical
49 x 280 mm



1/4 horizontal
207 x 65 mm

1/4 cover
97 x 135 mm

Please note! 5 mm bleed will be added.

Rates 1.1.2019

Size	FC/€
2/1	5,750
1st spread	5,950
2nd + 3rd cover	3,575
1/1 page	3,250
Back cover	3,500
1/2 page	1,900
1/4 page	1,350

+ VAT 24%
Fixed position +10 %

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Or e-mail to
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