



# fit

10 issues per year

Readership 72 000

Reads per issue 2.2

Time spent reading 32 minutes

National Media Survey KMT 2019

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

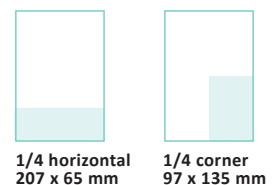
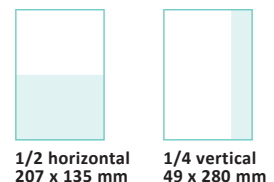
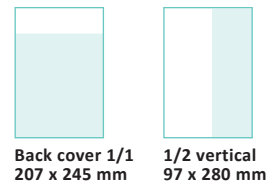
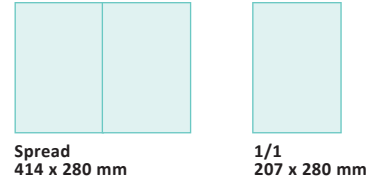
Issue	Pub.date	Ad dl	Themes
1	8.1.2020	5.12.2019	This year is gonna be good! Protein supplement review. Light products. Avoid overuse injuries. Swim school.
2	5.2.	10.1.	Train with your buddy. Sport-friendly underwear. Winter skin care: moisturizing body treatment review. Summer training holidays. Easy soups. Training with allergies.
3	4.3.	7.2.	JOGGING EXTRA. Jogging season begins: running shoes, clothes and gear. Runner's nutrition. Foot problems. Sports cosmetics.
4	8.4.	12.3.	CYCLING EXTRA. Cycling season begins: new bikes and gear. Organic sports. Responsible sports fashion. Wake your skin to spring: light treatments. Eggcellent egg recipes.
5	13.5.	16.4.	Nature calls. Bodyweight exercises for forest. Trekking snacks. Sun screens. Sporty beach wear. Metabolism & fat burn.
6	17.6.	15.5.	Light summer feel. Fresh treats. Beach workout. Strong core. Summer sports hair. Instagram influencers' styles.
7	12.8.	16.7.	Cope with everyday life. Fast workouts for a busy life. Healthy food in 15 minutes. Don't stress and hurry. Wellness influencers' best beauty products.
8	16.9.	21.8.	Sporty vegetarians. Autumn's running fashion. New indoor sports. Breathe right. Makeup for every sports & weather. Intestine wellbeing. Dietary supplement review.
9	21.10.	25.9.	RECOVERY EXTRA. Stretching & mobility. Sleep & recovery. Boost your immune system. Casseroles. Healthy hands.
10	25.11.	30.10.	Train at home. All the right gear. Christmas gift extra. Healthy breakfast. Pamper your feet.

More info [fokusmedia.fi/media/fit](https://fokusmedia.fi/media/fit)

**FOKUS MEDIA**

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## Advertising sizes



Please note! 5 mm bleed will be added.

## Rates 1.1.2020

Size	FC/€
2/1	5 750
1. spread	5 950
2. cover / 3. cover	3 575
1/1 page	3 250
back cover	3 500
1/2 page	1 900
1/4 page	1 350

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+ VAT 24%

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