

# New Year, New You

MUSCLES GOOD ATHLETIC TEAM  
 ACTIVITY LIFE SILHOUETTE SUPER  
 WELLNESS GYM  
 PROPORTION VITAL SPORT LIFE  
 STRENGTH INDIVIDUAL WELLNESS  
 AEROBICS CONSONANCE WEIGHT AEROBICS  
 ATHLETIC ENERGY PHYSICAL BODY  
 INDIVIDUAL GOOD SILHOUETTE COMMUNITY  
 TEAM NUTRITION HEALTHINESS  
 MUSCLES CONSONANCE STRENGTH LIFE PEOPLE  
 WELLNESS ENERGY  
 LIFE HEALTHINESS ATHLETIC SILHOUETTE INDIVIDUAL  
 GYM HEALTHY FORM VITAL SPORT  
 COMMUNITY WELLNESS INDIVIDUAL FORM PHYSICAL  
 CONSONANCE ENERGY STRENGTH ATHLETIC  
 VITAL

## Rejuvenation/Wellness

PHYSICAL HEALTHINESS SILHOUETTE  
 ATHLETIC BODY SUPER TEAM GROUP  
 COMMUNITY WELLNESS VITAL  
 GYM LIFE SPORT VITAL PROPORTION LIFE  
 TEAM PEOPLE WEIGHT INDIVIDUAL HEALTHINESS  
 AEROBICS ENERGY CONSONANCE GOOD  
 COMMUNITY ATHLETIC BODY  
 SILHOUETTE GOOD INDIVIDUAL PHYSICAL  
 TEAM HEALTH COMMUNITY LIFE WELLNESS  
 CONSONANCE MUSCLES MUSIC  
 VITAL PROPORTION NUTRITION GYM  
 HEALTHINESS STRENGTH AEROBICS  
 WEIGHT PROPORTION INDIVIDUAL  
 MUSCLES CONSONANCE  
 VITAL

Story & Ad Clicks Thru to Client Website

Free Story with  
Qualifying Ad

January  
**FORT BEND**  
**focus**  
 Community eZine

January/February  
**absolutely!**  
**BRAZOS**  
 Community eZine

**absolutely!**  
**KATY**  
 Community eZine

To Advertise: 281.798.4910 • [kay@absolutelyfocusmedia.com](mailto:kay@absolutelyfocusmedia.com)



**Space & Story Deadline:  
December 10th**

**Special Advertising Section Ad Rates • December**

FULL PAGE	HALF PAGE	1/3 PAGE	1/4 PAGE	1/6 PAGE
<b>\$1,780</b>	<b>\$940</b>	<b>\$625</b>	<b>\$475</b>	<b>\$310</b>
(7.25 x 9.75)	(7.25 x 4.75)	(4.75 x 4.75)	(3.5 x 4.75)	(4.75 x 2.25)
Includes a 250 word story	Includes a 250 word story	Includes a 250 word story	Ad Only No Story	Ad Only No Story

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**Ask  
about our  
Combo  
Rates!**



**Space & Story Deadline:  
December 15th**

**Special Advertising Section Ad Rates • January/February**

FULL PAGE	HALF PAGE	1/3 PAGE	1/4 PAGE	1/6 PAGE
<b>\$895</b>	<b>\$455</b>	<b>\$325</b>	<b>\$265</b>	<b>\$155</b>
(7.25 x 9.75)	(7.25 x 4.75)	(4.75 x 4.75)	(3.5 x 4.75)	(4.75 x 2.25)
Includes a 250 word story	Includes a 250 word story	Includes a 250 word story	Ad Only No Story	Ad Only No Story

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**Sample 250 Word Story**

**Not Fit? No Problem!**

Healthy is an outfit that looks good on every woman! Femina Fit offers an unparalleled experience with programs that promote the health and fitness goals of all members.

Reawaken the body with cutting-edge fitness services including group classes like Barre, Dance-Fusion, Zumba, FlexFit, Cardio Kickbox, Muscle Conditioning and Yoga. In addition, Femina Fit also offers C-Fit, a six-week program that will help members slim down and tone up! It is an all-encompassing regiment of nutrition, training and fitness coaching. C-Fit helps reduce lower back pain and increase core strength post-pregnancy. Get that body back!

Reenergize with one-on-one health coaching and personal nutrition. Femina Fit's specialized attention to every area that plays a part in fat loss, muscle gain or both is the key to success. Proper food intake can be achieved by understanding how everything one eats and drinks can either positively or negatively affect their goal.

Rejuvenate with day spa services like full-body massages to promote relaxation, enhance circulation and relieve muscle pain. Enjoy innovative, power-packed facials to protect skin and redefine beauty. Complete the full-body package with body exfoliation, detoxifying wraps, beauty care and waxing.

No matter the goal – from losing weight to improving athletic performance – Femina Fit strives to deliver the best experience, people and programs to help clients get fit and feel great! Femina Fit is located at 16305 Kensington Drive, Suite 270 in Sugar Land.

For more information, call 832-886-4339 or visit [www.feminafit.com](http://www.feminafit.com).

- Title
- 250 word story
- Third person point of view
- Concludes with contact information