



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 WomenFitness 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 seventeen years every leading women centric, health related brand have advertised on Women Fitness.

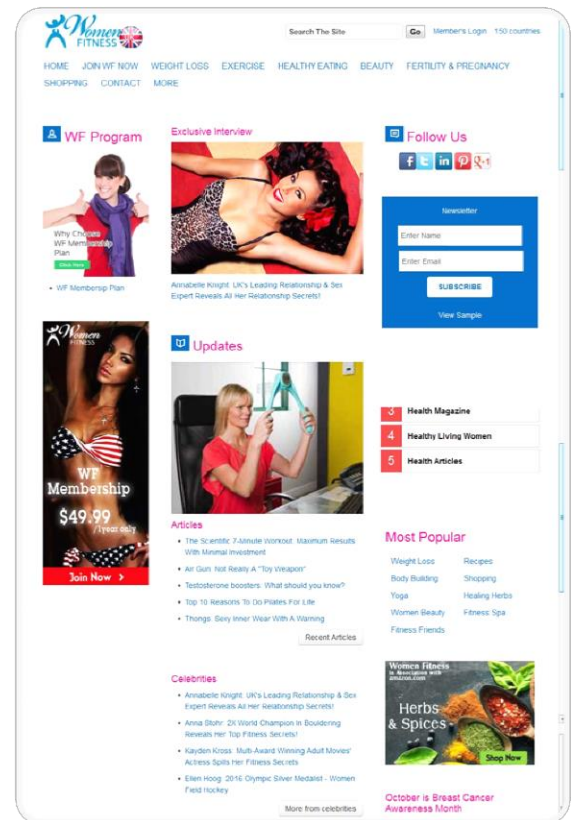
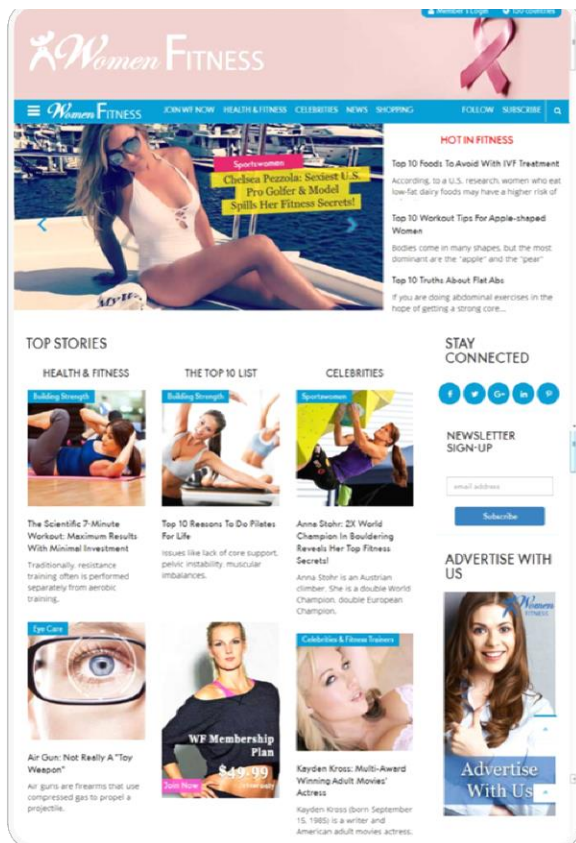


150 Country Editions

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](#)

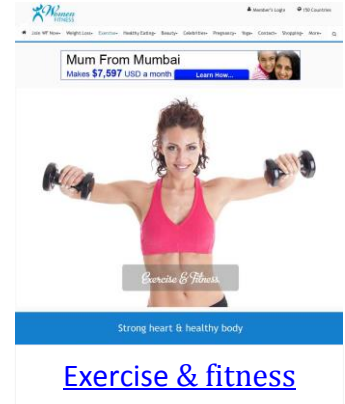
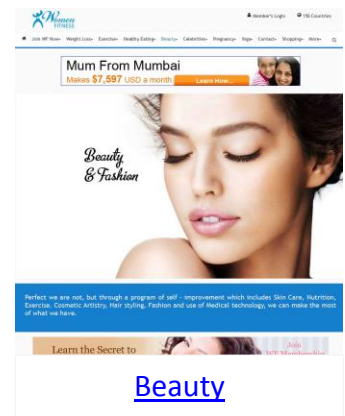


Editorial Philosophy

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.



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



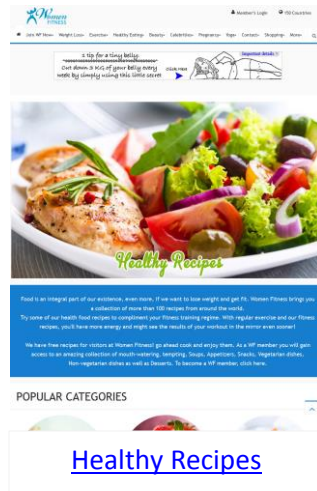
Fertility & Pregnancy



Women Health Concern



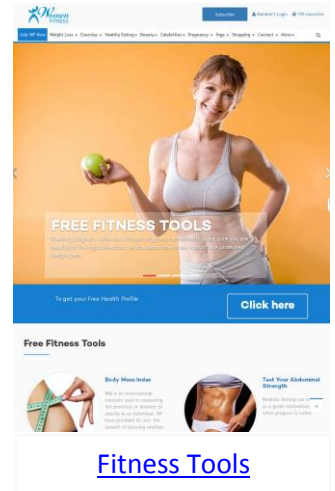
Fitness for Models



Healthy Recipes



Women Body Building



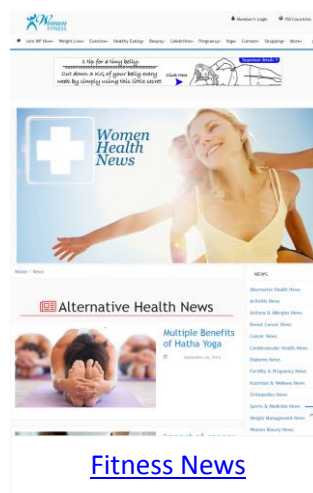
Fitness Tools



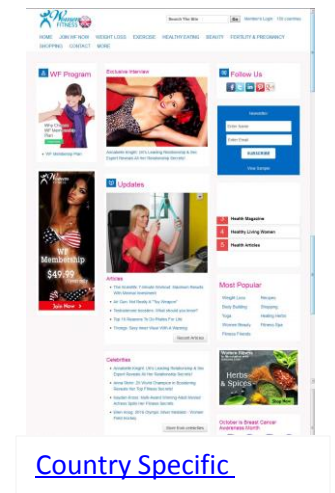
Fitness Components



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.

“ Womenfitness.net is an incredible space for women to come to learn, to grow, and most importantly to be inspired. It's empowering and motivating and always leaves me feeling more knowledgeable as the site covers just about every topic from fitness training to celebrity workouts to travel snacks ideas! It has become part of my daily routine and I absolutely love it!!

[Chelsea Pezzola, Professional Golfer and Model.](#)

“ Women's fitness is a fantastic hub for anyone wishing to improve their lives in one way or another, it's packed with fantastic articles on weight loss, exercise, beauty and loads more and I'm absolutely honoured to have been asked to be a part of it.

[Annabelle Knight, UK's Leading Relationship & Sex Expert](#)

“ The website inspires and motivates me to get back on my fitness game and covers all areas related to living a healthy lifestyle, a one-stop shop for motivation and fitness.

[Taylor Strecker, Radio Host](#)

“ I like your website very much - high quality contents tailored for women with health and body awareness.

[Magdalena Rock](#)

“ I love it...very inspiring, informative and a phenomenal fitness tool for women that should be visited often. The website provides a broad source of information and a platform to share helpful advice while celebrating each other's success. Keep up the great work #womenfitness.

[Anicia Bragg, Model](#)

“ I am so honoured to have been featured in Women Fitness.

[Monica Monroe, Glamour Model](#)



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
- ❖ Size of Inventory:
30,00,000 plus advt views a month.

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)





Women FITNESS



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[150 countries](#)








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HOT IN FITNESS

The Female Tennis Superstar Ana Ivanovic Reveals Her Fitness Secrets
 Ana Ivanovic is regarded as the most beautiful women tennis player in the world

Anastasiya Kvitko: Hottest Russian Model in the World Reveals her Spectacular Success Story
 Anastasiya Kvitko is a Russian model. She has achieved the spectacular number of

Yoga & Disease Management
Yoga And Breast Cancer Management

[Michelle Jonsson: Most Stunning Model](#)

TOP STORIES

HEALTH & FITNESS



The Scientific 7-Minute Workout: Maximum Results With Minimal Investment

Traditionally, resistance training often is performed separately from aerobic training.



Air Gun: Not Really A "Toy Weapon"

Air guns are firearms that use compressed gas to propel a projectile.



Top 10 Herbs To Keep You Cool In Summer

There are a herbs and spices that contain phytochemicals (plant-based compounds) with healing properties



Anna Stohr: 2X World Champion In Bouldering Reveals Her Top Fitness Secrets!

Anna Stohr is an Austrian climber. She is a double World Champion, double European Champion.



WF Membership Plan
\$49.99
/Year only
Join Now



Kayden Kross: Multi-Award Winning Adult Movies' Actress

Kayden Kross (born September 15, 1985) is a writer and American adult movies actress.



Wake It Up,
Shake It Up!



Issues like lack of core support, pelvic instability, muscular imbalances.



**The Baywatch Actress
Alexandra Paul Turns Health
& Wellness Coach!**

Alexandra is a health coach
with clients all over the world.



EXERCISE & FITNESS



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**AWARENESS
MONTH**



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

Member's Login **150 Countries**

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A tip for a tiny belly: Cut down a bit of stomach fat everyday by using this:

728x90

[See Details](#)

CATEGORIES

- Beauty & Fashion
- Building Strength
- Calorie Catch
- Celebrities
- Diet & Optimum Nutrition
- Disease Management
- Exercise & fitness
- Fertility & Pregnancy
- Good health
- Motivation Point
- Weight Loss
- Sexual Health
- Target Abs
- Women at 40
- Yoga & Meditation
- Others

Home / Exercise & fitness / Motivation Point / Chelsea Pezzola: Sexiest U.S. Pro Golfer & Model Spills Her Fitness Secrets!

Chelsea Pezzola: Sexiest U.S. Pro Golfer & Model Spills Her Fitness Secrets!

October 3, 2016 By Namita Nayyar (WF Team)

+1 Tweet Like

Today we have with us on Women Fitness, the super-talented and super-hot Golfer Chelsea Pezzola. The Internet can't get enough of her as this golfer and model is all set to make the world go crazy.

Chelsea Pezzola is hoping to become one of the next stars on the LPGA Tour. Pezzola, a Florida native, went to the University of Michigan and played on the women's golf team for four years before graduating in 2014. She's working on her game and splitting time between the Sun Coast mini-tour and the Symetra Tour, the LPGA's developmental circuit.

Chelsea Pezzola is a US pro golfer and model. She is in conversation with Namita Nayyar, President Women Fitness.

I Make \$250 USD Every Day
Work from Home & earn \$7,500 USD/Month
[SEE HOW](#)

JUNGLEE
India's Most Trusted Running Website!
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120x600

Ms. Namita Nayyar: You have graduated from the University of Michigan In 2014 having 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 aspire to be a part of LPGA. Tell us more about this successful professional journey of yours and how it all began?

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Work from Home & earn \$7,500 USD/Month
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160x600 WELCOME BONUS

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Grow YOUR BUSINESS With COLUMBIA The Smart Marketing Platform for Content Promotion
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300x300, 460x60, 728x90, 160x600, 120x600,

650 x 160 (Emag)

WELCOME BONUS

PLAY RUMBLE NOW!

160X600

Grow YOUR BUSINESS With

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120X600

1 Healthy Weight Loss Diets

2 Weight Loss Tips

3 Fitness Program Plan

300X300 (Expandable)

5 Local fitness centers

I Make \$250 USD Every Day

300X250

Work from Home & earn \$7,500 USD/Month

SEE NOW

Ms. Namita Nayyar: You have graduated from the University of Michigan In 2014 having 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 aspire to be a part of LGPA. Tell us more about this successful professional journey of yours and how it all began?

Ms. Chelsea Pezzola: My story in golf really starts when I was a toddler! My stepdad Kenny brought me outside to hit 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 travelling 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 Kenny 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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I rule of a flat stomach: cut down a bit by following this one rule

728X90 Base Leader board

460X60

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> Health Quiz > Fitness Podcasts > Hospitals Directory > Health Spas & Resorts > Motivation of The Day > Newsletter Subscription

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Women FITNESS

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 80% of a one-repetition max (RM) 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](#)

In fitness,
Namita
namita@womenfitness.net

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

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

Success Quote

Permanence, perseverance and persistence in spite of all obstacles, discouragements, and impossibilities: It is this, that in all things distinguishes the strong soul from the weak.

- Thomas Carlyle

Begin Your Fitness Journey

650 x 160

WF Membership \$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 wide variety of nuts, seeds, legumes, and grains. Black beans and rice, with a salad, is one example of a classic vegetarian meal.

[Annabelle Knight: 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 celebrity couples as well as working on Channel 5's Big Brother's Bit on the Side, ITV's The O'Brien Show and the ever popular day time TV show, This Morning debating hot topics and taking live calls from viewers.

Words Of Inspiration

Plethora of Landmines

Every goal we set naturally comes with a plethora of landmines 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. In fact, unless we successfully maneuver through these land-mines and overcome them, then we will fail to learn the valuable lessons that are required to help us achieve — and keep — our goal when we get to that end destination.

A Multi-million dollar lottery winner cannot sustain the money. They often lose their money because they didn't go through the struggles, obstacles, challenges and problems that self-made millionaires face, and as a result they are not able to hold onto their goal.

Finally, no matter what, do not quit.

Herbs & Spices

650 x 160

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Partnership Contacts

Sales

Rohit Nayyar

Director of Sales

Email: rohit@womenfitness.net

Business Development

Namita Nayyar

Director of Business Development

Email: namita@womenfitness.net