

Looking for Writers

African-American women are unfortunately leading the way in obesity, heart disease and diabetes. These conditions were once only heard of in older adults; however, even young girls are being diagnosed with these conditions at almost epidemic numbers. Fit-BODY Ezine's purpose is to promote a healthier lifestyle for African-American women and redefine what FIT looks like through a monthly website featuring articles, tips and discussions. This purpose is based on one concept - "Fit isn't just about what we have to give up; it's about what we gain in our roles as sisters, daughters, mothers, role-models and friends." In addition to the problem that exists there is also a compounding cultural limitation that involves body image. Women of color are often more comfortable with having curvier bodies. As a result, the models in current fitness magazines do not appeal to some women nor do they provide realistic expectations for others. The name FIT-BODY was chosen as a way to connect being fit, healthy and strong with maintaining your beautiful curves - it's all about balance. The two can coexist! We are currently seeking writers who are experts in the fields of Fitness, Health, Diet/Nutrition or Wellness who would like to be published in this innovative, exciting and extremely important e magazine.

If you are interested in seeing your work published please send a query letter or email rather than a completed article. If your subject is of interest to our readers we will contact you and a word length and format will be given. Give us a clear outline of your story and please include a brief biography that describes your writing experience and writing samples if available. If you would like to submit more than one idea, write a separate query for each topic.

Additional Information:

1. Writers are encouraged to include a brief description of their area of expertise, credentials and employment in their by-line. Pictures may also be included.
2. All materials submitted must be original work and writers authorize publication of the material by FIT-BODY Ezine
3. Articles submitted will be reviewed for inclusion in future issues. Writers will be notified via email within one to two weeks on whether article will be included. If article is accepted, writers give first-print rights to FIT-Body Ezine.
4. FIT-BODY Ezine reserves the right to edit materials for size and content and agree to obtain writers review before printing

Our address:

FIT-BODY Ezine, Inc.
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Please send queries to treza@fit-bodyezine.com. We look forward to hearing from you!

Treza Brooms-Johnson, Founder