

Issue 2 of BestFit magazine set to be a winner!

Thursday 20 February, 2014

The second issue of BestFit, the UK's latest FREE men's health and fitness magazine is set to be a winner!

The magazine is available to download now, and can be viewed across multiple mobile and online devices, including android, iTunes, Amazon Kindle, Blackberry Playbook, and Windows 8.

This edition of BestFit will include an interview with England captain, Chris Robshaw, currently leading England at the Six Nations, talking about nutrition, fitness and our chances of victory. Plus we chart Cristiano Ronaldo, the Ballon d'Or winner, and his rise to the top.

Following on from the launch issue, there will be three workouts for readers to follow. One for home workouts, one for the gym and another based around the eight-week transformation of Calum Best, featured exclusively in BestFit magazine.

Readers can find out about the best power breakfasts and recovery meals within the magazine's regular nutrition pages and also learn about BestFit's top 10 places in the world to detox, power up and re-energise.

Faris Fisher, Managing Director at BestFit, says: "We were thrilled at the positive response to our launch issue and if readers thought that was good, our next issue will definitely impress."

Each issue includes advice on sex, nutrition and fitness, with this month's sexpert revealing a foreplay master plan!

BestFit have also introduced a brand new reviews section, which showcases the latest gym accessories and 'must-haves' for readers to keep up with the latest trends.

Fisher continues, "We want to provide our readers with as much useful information as possible, whilst still aiming for an entertaining and enjoyable read. We listen their feedback and try to deliver the types of features that they want to hear about."

Compiled by some of the country's top health and fitness experts, BestFit is the 'go-to' magazine for the health and fitness conscious male consumer.

****Next Issue**** Look out for issue 3 featuring exclusive interviews with Formula 1 physical fitness expert Gerry Convy, and actor / TV presenter Reggie Yates on his fitness habits and the importance of well being... not to be missed!

ENDS

Boiler Plate

BestFit magazine (www.bestfitmagazine.co.uk) is a health, fitness and lifestyle magazine aimed at the ABC1 Male Demographic aged between 25-45. The magazine is distributed online with a forecast of 200,000 app downloads for the first issue. Printed copies will be distributed to over 100,000 leisure clubs and quality men's retail and grooming outlets.

MD: Faris Fisher
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Media:



BESTFIT



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