The UK’s Latest FREE health and fitness magazine for Men

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BestFit is the UK’s latest FREE men’s health and fitness magazine to hit the scene from publishing firm Compelling Media.

The magazine will be available to download from 16th December and can be viewed across multiple mobile and online devices. This first edition of BestFit will include everything from hints and tips on training, nutrition, and grooming through to the latest on fitness and lifestyle trends.

BestFit offers readers an accessible handy health, fitness and exercise companion. The interactive app is packed full of how-to videos, giving readers demonstrations of home and gym workouts, making it the perfect read for men (and not discounting our female readers), looking to shape up and enhance their lifestyle.

With busy readers in mind, the BestFit mobile app can be referred to when at the gym, making routines easier to follow. There is also a video challenge encouraging readers to record and post their results, in order to increase reader engagement.

Faris Fisher, Managing Director at BestFit, says: “BestFit is aimed at the frequent gym goer or exercise enthusiast, who is looking for the latest on training techniques and nutrition. Although aimed primarily at men, we do also recognise that there is a growing number of women lifting weights, so we have tailored our content accordingly.

The first issue will feature the two-time world boxing champion, Amir Khan, with his pre-match routine, and the fitness regime for some of Hollywood’s most daring stunt men. Also included will be an equipment-free workout favoured by GB gymnast Max Whitlock and a feature from BBC Dragons Den winner Ross Mendham of Barenaked Foods talking about the benefits of a Gluten Free diet.

Fisher continues, “We understand that our readers are real people, and that sometimes life gets in the way. This is why we want to impart valuable content that provides our readers with the best possible advice and achievable workouts.”

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 the transformation of Calum Best and find out how he plans to reinvent himself, along with an exclusive interview with England Rugby captain Chris Robshaw.

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