

2025 EDITORIAL CALENDAR

2025 ISSUE THEMES

JANUARY.....NEW YEAR NEW YOU- HEALTH AND FITNESS GOALS and LET'S GO RUCKING
FEBRUARY.....HEALTHY HEART (National Heart Health Month)
MARCH..... THE DFW PICKLEBALL CRAZE
APRIL..... RUNNING AND CYCLING IN DFW and GOLFING IN DFW
MAY..... ALL ABOUT MOMS SPECIAL ISSUE (Mother's Day Issue)
JUNE..... ALL ABOUT DFW GYMS and SUMMER KID'S HEALTH (Father's Day Issue)
JULY..... THE HEALTHY LOOK SPECIAL ISSUE (skincare, eyes, dentistry, plastic surgery medical spas, beauty salons)
AUGUST..... NUTRITION & DFW HEALTHY RESTAURANTS SPECIAL ISSUE and FRIDAY NIGHT LIGHTS IN DFW (H.S. Football)
SEPTEMBER..... DFW DOES SOCCER/ and FALL AND WINTER OUTDOOR FITNESS (fall and winter camping, outdoors, hiking, cycling, running, canoeing, swimming and outdoor water activities, snow skiing)
OCTOBER.....SENIOR HEALTH SPECIAL ISSUE
NOVEMBER..... THE MENTAL HEALTH ISSUE
DECEMBER..... HOLIDAY HEALTH AND FITNESS GIFT GUIDE and DFW VOLLEYBALL GOES PRO/SERVE SET SPIKE

MONTHLY COLUMNS

GYM HYPE- spotlighting Dallas gyms, fitness facilities, personal trainers, coaches
HEALTHY MINDS- mental health topics
PEDAL TO THE METAL- monthly cycling column
RUNNERS LANE- running, marathon, running accessories, getting a routine going, post running topics
GET PHYSICAL- outdoor sports, camping (focus on one outdoor sport per month)
HYDRATION STATION- living a hydrated lifestyle
ALIGN AND SHINE- Spotlight on all things Chiropractic
PATHWAYS TO RECOVERY- physical therapy and recovery topics
HEALTH ON THE SHELF- healthy eating, recipes, diet columns
PRODUCT SHOWCASE- healthy products for healthy consumers
HELPFUL PHARMACIST- hot topics in the pharmaceutical and medical fields
LET'S TRAIN- trainers corner, personal trainer spotlight
BODY, MIND, SPIRIT- yoga, pilates, therapy
HIT SHOOT, PASS- columns on baseball, basketball, tennis, pickleball, golf
COMPETITION CORNER- weightlifting, jiu jitsu, boxing, swimming, gymnastics, soccer
INSPIRATIONAL HEROS- spotlight on local cancer warriors, fire rescue, police, military, fitness specialist
CALENDAR OF EVENTS- spotlighting health and wellness events around the DFW Metroplex
PERSONAL TRAINING CLASSIFIEDS- personal trainers dedicated to getting you fit and healthy



DFW Health and Fitness Magazine supports and encourages content submissions from local health, wellness and fitness writers and health and fitness related companies throughout the DFW Metroplex. Please submit your editorial columns and feature article ideas for consideration to:

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