



PROVINCIAL FITNESS UNIT
OF ALBERTA

Enew Fitness Informer Article Submission Guidelines

Thank you for your interest in writing an article for the *Fitness Informer Enews* section. The Enews is distributed to AFLCA Certified Exercise Professionals and members on a monthly basis.

If you have an idea for an article, please submit the following for editorial review:

- Article topic or idea (applicable for exercise professionals)
- Outline (general topics or points you will cover)
- How you will include practical “how to” information in the article
- A resume or biography listing your credentials (submit once and it will be kept on file)

Article Guidelines (if you are writing an article)

Guidelines

- Topic applicable for exercise professionals (leaders, personal trainers, trainers, assistant trainers, facility programmers, etc.)
- Research based
- Theory content as well as practical application
- Approximately 1000 - 1500 words (longer articles will be considered based on applicability)
- Writing should be clear, concise, and include an opening, body, and closing paragraphs
- Introductory paragraph should grab the reader’s attention and highlight the topic and purpose, main points should be covered with a conclusion in the closing paragraph

Include:

- Title of article
- Photos or diagrams (if applicable)
- Name of author (as you would like it listed)
- Credentials: occupation, field of study, or formal designation; eg: Education Coordinator, AFLCA Trainer, etc.
- References to support the article or for further information in APA format (this section may not appear in final copy of publication)
- A contact name and number for further information (if different then author)

The article must be an original piece of work, which has not been previously published.

Please submit outlines or articles to: info@provincialfitnessunit.ca. The editor will consider your submission based on its relevance to our audience and your credentials or experience. The editor reserves the right to edit the submission.

We appreciate your interest in contributing an article.

Thank you.

Provincial Fitness Unit of Alberta / AFLCA / Be Fit For Life Network
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