

WA STATE FITNESS EXPO

Sat
9am-9pm
July 18th
2020

www.nwfitnessmag.com
NWFitness
MAGAZINE



Fitness



Expo

Vendors
Competitors
Register online
Order tickets online

WaStateFitnessExpo.com

Health - Fitness - Beauty - Vendors - Exhibitors - Products - Services
Events - Competitions - Demonstrations - Performances - Seminars
Discounts - Samples - Give Aways - Awards

**NPC WA STATE OPEN : BODYBUILDING, FIGURE, FITNESS, BIKINI, PHYSIQUE, CLASSIC PHYSIQUE,
CHAMPIONSHIP, NATIONAL QUALIFIER**

Event location : Auburn Performing Arts Center
702 4th Street N.E Auburn WA 98002

WA State Health Fitness & Beauty Expo

Event Date – SAT July **18th 2020** (9am-9pm)

- Location: Auburn Performing Arts Center
 - 702 4th Street N.E.
 - Auburn , WA 98002
 - WA State Fitness EXPO
 - NPC WA State Open, Bodybuilding, Fitness, Bikini, Physique, Classic Physique Championship, National Qualifier
 - Vendors/Exhibitors
 - Health, Fitness, Beauty, Sports
 - Products, Services, Events Discounts & Sales, Samples, Giveaways
 - Events/Competitions/Performances/Exhibitions/Demonstrations
 - Free Parking
-

Vendor booth options

Gray Vendor Package - Outdoor vendor space - (5 ft x 5ft) Does not include table or chairs. You may bring a 4 foot table and chairs or configure however you like. \$ 69.00

Purple Vendor Package - Outdoor vendor space - (10 ft wide x 5 ft deep) - Does not include table or chairs. \$99.00

Green Vendor Package - Indoor Vendor space. (5 ft x 5 ft space). Includes 4 foot table. \$ 199.00

Red Vendor Package - Outdoor vendor space - (10ft x 10ft) Includes 6 ft Table 2 two chairs, black plastic table cover. You may bring a popup tent as a sunshade for your space. \$ 199.00

Orange Vendor Package - Indoor vendor space. (8ft x 8ft) NON-Corner exhibitor space. Includes 6 ft Table 2 two chairs, black plastic table cover. \$299.00

Blue Vendor Package - Indoor vendor space. (10ft x 10ft) NON-Corner exhibitor space. Includes 8 ft table, 2 chairs, black plastic table cover. \$ 399.00

Yellow vendor package - Indoor vendor space. (10ft x 10ft) Corner exhibitor booth. Includes 8ft & 6ft table, 2 chairs, black plastic table cover. \$499.00

Premier Event Sponsorships

Gold Sponsor \$ 749.00

- 20 x 10 (Double isle booths)
- Logo on event poster
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email

- Advertisement/promotion/info/feature shared on multiple social media platforms
- Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo.
- Logo on Event T-shirt
- quarter page program ad

Platinum Sponsor - \$ 999.00

- 20 x 10 (One corner & one isle booth)
- Logo on event poster
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email
- Advertisement/promotion/info/feature shared on multiple social media platforms
- Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo.
- Logo on Event T-shirt
- Half page program ad

Diamond Sponsor \$ 1,499.00

- 20 x 10 (Double corner booth)
- Logo on event poster
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email
- Advertisement/promotion/info/feature shared on multiple social media platforms
- Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo.
- Logo on event t-shirt
- Full page program ad

Host Sponsor \$2,500

- 10 x 10 Indoor vendor space
- 10 x 10 Outdoor vendor space
- Your logo will be printed on Expo Posters in the Host Sponsor position on Expo event posters
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email
- Advertisement/promotion/info/feature shared on multiple social media platforms
- Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo.
- Your logo on competitor T-shirt as Host Sponsor
- Full page program ad
- Banner (that you provide) hung in NPC Event area (12 sq feet)
- Banner (that you provide) hung in the indoor Area (12 sq feet)
- Banner(that you provide) hung in the outdoor event area (12 sq feet)
- 15 Expo Event Tickets

- 2 VIP NPC tickets morning show
- 2 VIP NPC tickets night show
- 1/2 page ad in NW Fitness Magazine
- Banner advertisement with link on homepage for 3 months
- Host sponsor advertisement page on event website
- 1000 postcards with your media on one side
- 1 Spoken voice advertisements in the indoor expo area.
- Use of seminar/demonstration area for 20 min
- Your logo printed on competitor gift bags as Host Sponsor
- Host Sponsor VIP space in parking lot for 2 vehicles
- Mention of your company as Host Sponsor on Radio advertisement
- Mention of your company as Host Sponsor on TV advertisement
- Your logo will appear on TV advertisement
- 5 separate social media posts promoting your company
- Your advertisement sent out in our event marketing newsletter email.

Presenting Sponsorship \$5,000

- 20 x 10 Indoor vendor booth
- 10 x 10 Outdoor vendor booth
- Your logo will be printed on Expo Posters in the Presenting Sponsor position on Expo event posters
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email
- Advertisement/promotion/info/feature shared on multiple social media platforms
- 2 Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo..
- Your logo on competitor T-shirts Host Sponsor
- Inside cover advertisement in event Program
- Banner (that you provide) hung in NPC Event area (12 sq feet)
- Banner (that you provide) hung in the indoor Area (12 sq feet)
- Banner(that you provide) hung in the outdoor event area (12 sq feet)
- 25 Expo Event Tickets
- 2 VIP NPC tickets morning show
- 2 VIP NPC tickets night show
- Full page ad in NW Fitness Magazine
- Banner advertisement with link on homepage for 3 months
- Presenting sponsor advertisement page on event website
- 1000 postcards with your media on one side
- 2 Spoken voice advertisements in the indoor expo area.
- The outdoor floor plan will be named as presenting sponsors event area
- Use of seminar/demonstration area for 20 min
- Your logo printed on competitor gift bags as Presenting Sponsor
- Your logo on competitor T-shirts Presenting Sponsor
- Presenting Sponsor VIP space in parking lot for 2 vehicles
- Mention of your company as Presenting Sponsor on Radio advertisement
- Mention of your company as Presenting Sponsor on TV advertisement
- Your logo will appear on TV advertisement
- 10 separate social media posts promoting your company
- Your advertisement sent out in our event marketing newsletter email.

Title Sponsorship \$10,000

- 30 x 10 Indoor vendor booth

- 20 x 10 outdoor vendor booth booth
- Your logo will be printed on Expo Posters in the Title Sponsor position on Expo event posters
- Logo on website
- Advertisement/promotion/info/feature posted on event website blog
- Advertisement/promotion/info/feature included in event marketing email
- Advertisement/promotion/info/feature shared on multiple social media platforms
- 4 Voice ads spoke by M.C on stage at the NPC WA State Open
- Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo. Your logo on competitor T-shirts Host Sponsor
- Two page Center spread ad in event program
- Banner (that you provide) hung in NPC Event area (12 sq feet)
- Banner (that you provide) hung in the indoor Area (12 sq feet)
- Banner(that you provide) hung in the outdoor event area (12 sq feet)
- 50 Expo Event Tickets
- 4 VIP NPC tickets morning show
- 4 VIP NPC tickets night show
- Two page
- ad in NW Fitness Magazine
- Banner advertisement with link on homepage for 3 months
- Title sponsor advertisement page on event website
- 1000 postcards with your media on one entire side
- 4 Spoken voice advertisements in the indoor expo area.
- The indoor floor plan and 3 main event areas will be named as the title sponsors event arena
- Use of seminar/demonstration area for 40 min
- Your logo printed on competitor gift bags as Title Sponsor
- Your logo on competitor T-shirts Title Sponsor
- Title Sponsor VIP space in parking lot for 5 vehicles.
- Mention of your company as Title Sponsor on Radio advertisement
- Mention of your company as Title Sponsor on TV advertisement
- Your logo will appear on TV advertisement
- 10 separate social media posts promoting your company
- Your advertisement sent out in our event marketing newsletter email.

Additional sponsorship/marketing/advertising options sold separately

1. Logo on event poster \$100
2. Logo on website \$100
3. Advertisement/promotion/info/feature posted on event website blog \$100
4. Advertisement/promotion/info/feature included in event marketing email \$100
5. Advertisement/promotion/info/feature shared on multiple social media platforms. \$100
6. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, wa State Open bus page, group & event page,
 - a. Instagram
 - b. Linked in
 - c. Google plus
 - d. Twitter
7. Banner Placement of your banner at expo (You supply banner of no larger than 12 sq feet) \$100
8. Voice add spoke by M.C on stage at the NPC WA State Open \$100
9. Trophy presentation. A representative from your company may assist with the presentation of awards along with event trophy presenters on stage at the NPC WA State Open. You may also bring product on stage to give to the winner or the top 5 as you pose with them for the championship photo. \$100

10. Logo on Event T-shirt \$100
 11. 30 min space in seminar area \$100
 12. 30 min space in fitness demo area \$100
 13. Program advertisement
 - a. Full page \$500
 - b. Half page \$250
 - c. Quarter page \$150
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NW Fitness Magazine advertising

NW Fitness Magazine regular basic advertising rates

<u>Ad space</u>	<u>Print & Digital</u>	<u>Digital only</u>
1/4	\$250	\$99
1/3	\$333	\$115
1/2	\$500	\$175
2/3	\$667	\$225
3/4	\$750	\$250
1 full page	\$999	\$333

NW Fitness Magazine discounted advertising rates for membership partners.

NW Fitness Magazine advertising membership partner Levels: Topaz, Emerald, Ruby, Pearl, Sapphire

Advertising membership partners receive more exposure and greater value by allowing us to partner and enhance the success of your NW Fitness magazine promotions.

Topaz Membership \$59 / month

1. Optional review promotion. Your choice of one of the following depending on what you promote: 1) Product review 2) Service or Facility feature/review 3) Event coverage.
 - a. Product review. Send us your product and we will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - b. Service or facility feature. Invite us to visit your facility and experience your services. We will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - c. Event coverage. Invite us to attend, experience and participate in your event. We will provide event coverage, a custom personal review, including text, image & video along with additional social media promotions of the review.
 - i. Listing of your event on the NWFitnessMagazine.com event page & NWFitnessEvents.com
2. List your promoted products / services on www.NWFitnessSuperStore.com and we will promote sales of your products / services through our digital, sales, marketing, advertising, social media platforms and include digital links directly to your store within www.NWFitnessSuperStore.com.
 - a. In addition to regular paypal transaction fees, a 25% sales commission per sale is paid to www.NWFitnessSuperStore.com for sales that occur on that site.
 - b. www.NWFitnessSuperStore.com monthly membership fee (\$1.99/mo) is waived for advertising membership partners
3. **1/4 page** space in NW Fitness Magazine **digital** issue
4. Advertisement/promotion/info/feature posted on NW Fitness magazine website blog
5. Advertisement/promotion/info/feature included in NW Fitness Magazine Newsletter Email
6. Advertisement/promotion/info/feature shared on multiple social media platforms:
 - a. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, WA State Open bus page, group & event page, NW FitClub Fb Page, NW Fit Club fb group,
 - b. Instagram
 - c. Linked in
 - d. Google plus

- e. Twitter
- f. YouTube
- 7. Listing on NW Fitness Magazine Directory
- 8. NW Fitness Magazine Best in the NW Nomination
 - a. Nomination Certificate digital image
 - b. Nomination Certificate Printed copy sent via mail
 - c. Best in NW voting platform link attached to your article /ad page to increase your votes from supporters of your content.
 - d. Invitation and two tickets to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

Emerald Membership \$99 / month

- 1. Optional review promotion. Your choice of one of the following depending on what you promote: 1) Product review 2) Service or Facility feature/review 3) Event coverage.
 - a. Product review. Send us your product and we will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - b. Service or facility feature. Invite us to visit your facility and experience your services. We will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - c. Event coverage. Invite us to attend, experience and participate in your event. We will provide event coverage, a custom personal review, including text, image & video along with additional social media promotions of the review.
 - i. Listing of your event on the NWFitnessMagazine.com event page & NWFitnessEvents.com
- 2. List your promoted products / services on www.NWFitnessSuperStore.com and we will promote sales of your products / services through our digital, sales, marketing, advertising, social media platforms and include digital links directly to your store within www.NWFitnessSuperStore.com.
 - a. In addition to regular paypal transaction fees, a 25% sales commission per sale is paid to www.NWFitnessSuperStore.com for sales that occur on that site.
 - b. www.NWFitnessSuperStore.com monthly membership fee (\$1.99/mo) is waived for advertising membership partners
- 3. **1/2 page** space in NW Fitness Magazine **digital** issue
- 4. Advertisement/promotion/info/feature posted on NW Fitness magazine website blog
- 5. Advertisement/promotion/info/feature included in NW Fitness Magazine Newsletter Email
- 6. Advertisement/promotion/info/feature shared on multiple social media platforms:
 - a. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, WA State Open bus page, group & event page, NW FitClub Fb Page, NW Fit Club fb group,
 - b. Instagram
 - c. Linked in
 - d. Google plus
 - e. Twitter
 - f. YouTube
- 7. Listing on NW Fitness Magazine Directory
- 8. NW Fitness Magazine Best in the NW Nomination
 - a. Nomination Certificate digital image
 - b. Nomination Certificate Printed copy sent via mail
 - c. Best in NW voting platform link attached to your article /ad page to increase your votes from supporters of your content.
 - d. Invitation and two tickets to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

Ruby Membership \$199 / month

- 1. Optional review promotion. Your choice of one of the following depending on what you promote: 1) Product review 2) Service or Facility feature/review 3) Event coverage.
 - a. Product review. Send us your product and we will provide a custom personal review, including text, image & video along with additional social media promotions of the review.

- b. Service or facility feature. Invite us to visit your facility and experience your services. We will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - c. Event coverage. Invite us to attend, experience and participate your event. We will provide event coverage, a custom personal review, including text, image & video along with additional social media promotions of the review.
 - i. Listing of your event on the NWFitnessMagazine.com event page & NWFitnessEvents.com
- 2. List your promoted products / services on www.NWFitnessSuperStore.com and we will promote sales of your products / services through our digital, sales, marketing, advertising, social media platforms and include digital links directly to your store within www.NWFitnessSuperStore.com.
 - a. In addition to regular paypal transaction fees, a 25% sales commission per sale is paid to www.NWFitnessSuperStore.com for sales that occur on that site.
 - b. www.NWFitnessSuperStore.com monthly membership fee (\$1.99/mo) is waived for advertising membership partners
- 3. **3/4 page** space in NW Fitness Magazine **digital** issue
- 4. **1/4 page** space in NW Fitness Magazine **print** issue
- 5. Advertisement/promotion/info/feature posted on NW Fitness magazine website blog
- 6. Advertisement/promotion/info/feature included in NW Fitness Magazine Newsletter Email
- 7. Advertisement/promotion/info/feature shared on multiple social media platforms:
 - a. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, WA State Open bus page, group & event page, NW FitClub Fb Page, NW Fit Club fb group,
 - b. Instagram
 - c. Linked in
 - d. Google plus
 - e. Twitter
 - f. YouTube
- 8. Listing on NW Fitness Magazine Directory
- 9. NW Fitness Magazine Best in the NW Nomination
 - a. Nomination Certificate digital image
 - b. Nomination Certificate Printed copy sent via mail
 - c. Best in NW voting platform link attached to your article /ad page to increase your votes from supporters of your content.
 - d. Invitation and two tickets to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

Pearl Membership \$374 / month

- 1. Optional review promotion. Your choice of one of the following depending on what you promote: 1) Product review 2) Service or Facility feature/review 3) Event coverage.
 - a. Product review. Send us your product and we will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - b. Service or facility feature. Invite us to visit your facility and experience your services. We will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - c. Event coverage. Invite us to attend, experience and participate in your event. We will provide event coverage, a custom personal review, including text, image & video along with additional social media promotions of the review.
 - i. Listing of your event on the NWFitnessMagazine.com event page & NWFitnessEvents.com
- 2. List your promoted products / services on www.NWFitnessSuperStore.com and we will promote sales of your products / services through our digital, sales, marketing, advertising, social media platforms and include digital links directly to your store within www.NWFitnessSuperStore.com.
 - a. In addition to regular paypal transaction fees, a 25% sales commission per sale is paid to www.NWFitnessSuperStore.com for sales that occur on that site.
 - b. www.NWFitnessSuperStore.com monthly membership fee (\$1.99/mo) is waived for advertising membership partners
- 3. **Full page** space in NW Fitness Magazine **digital** issue

4. **1/2** page space in NW Fitness Magazine **print** issue
5. Advertisement/promotion/info/feature posted on NW Fitness magazine website blog
6. Advertisement/promotion/info/feature included in NW Fitness Magazine Newsletter Email
7. Advertisement/promotion/info/feature shared on multiple social media platforms:
 - a. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, WA State Open bus page, group & event page, NW FitClub Fb Page, NW Fit Club fb group,
 - b. Instagram
 - c. Linked in
 - d. Google plus
 - e. Twitter
 - f. YouTube
8. Listing on NW Fitness Magazine Directory
9. NW Fitness Magazine Best in the NW Nomination
 - a. Nomination Certificate digital image
 - b. Nomination Certificate Printed copy sent via mail
 - c. Best in NW voting platform link attached to your article /ad page to increase your votes from supporters of your content.
 - d. Invitation and two tickets to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

Sapphire Membership \$699 / month

1. Optional review promotion. Your choice of one of the following depending on what you promote: 1) Product review 2) Service or Facility feature/review 3) Event coverage.
 - a. Product review. Send us your product and we will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - b. Service or facility feature. Invite us to visit your facility and experience your services. We will provide a custom personal review, including text, image & video along with additional social media promotions of the review.
 - c. Event coverage. Invite us to attend, experience and participate in your event. We will provide event coverage, a custom personal review, including text, image & video along with additional social media promotions of the review.
 - i.
2. List your promoted products / services on www.NWFitnessSuperStore.com and we will promote sales of your products / services through our digital, sales, marketing, advertising, social media platforms and include digital links directly to your store within www.NWFitnessSuperStore.com.
 - a. In addition to regular paypal transaction fees, a 25% sales commission per sale is paid to www.NWFitnessSuperStore.com for sales that occur on that site.
 - b. www.NWFitnessSuperStore.com monthly membership fee (\$1.99/mo) is waived for advertising membership partners
3. **2 page** space in NW Fitness Magazine **digital** issue
4. **Full** page space in NW Fitness Magazine **print** issue
5. Advertisement/promotion/info/feature posted on NW Fitness magazine website blog
6. Advertisement/promotion/info/feature included in NW Fitness Magazine Newsletter Email
7. Advertisement/promotion/info/feature shared on multiple social media platforms:
 - a. Fb business page, group, event page, nw fitness mag page, nw fitness mag group, WA State Open bus page, group & event page, NW FitClub Fb Page, NW Fit Club fb group,
 - b. Instagram
 - c. Linked in
 - d. Google plus
 - e. Twitter
 - f. YouTube
8. Listing on NW Fitness Magazine Directory
9. NW Fitness Magazine Best in the NW Nomination
 - a. Nomination Certificate digital image
 - b. Nomination Certificate Printed copy sent via mail

- c. Best in NW voting platform link attached to your article /ad page to increase your votes from supporters of your content.
- d. Invitation and two tickets to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

EVENT TICKETS

WA State Fitness Expo Ticket \$10

- Auburn WA, **Sat July 18th 2020**
- Expo only tickets allow entry to the vendor/exhibitor expo and performances/demonstrations/attractions within that area.
- This ticket DOES NOT include entry into the NPC WA State Open Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique Championship. Tickets for the NPC WA State Open include admission to the vendor expo as well.

Event Ticket: 2020 NPC WA State Open Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique Championship event ticket. Auburn WA, **Sat July 18th 2020**

Tickets for the NPC WA State Open include admission to the vendor expo as well.

1. 10am Judging
 - a. Balcony general admission \$20
 - b. Main floor general admission \$25
2. 5pm Finals
 - a. Bronze Reserved Balcony \$25
 - b. Silver Reserved (Rows N - U) \$30
 - c. Gold Reserved (Rows H - M) \$40
 - d. VIP Reserved (Rows A - G) \$50

NW Fitness Magazine subscriptions

Digital only

- Gold – Digital subscriber (One-month digital subscription) \$2.99 One month.
- Gold – Digital subscriber (monthly digital subscription) \$1.99 Monthly.
- Gold – Digital subscriber (Yearly digital subscription) \$19.99 Yearly

Print and Digital

- Gold – Yearly print & digital subscription (12 issues per year, print & digital) \$35.88 Yearly
- Gold – Monthly print & digital subscription (monthly digital subscription) \$4.99 Monthly.
- Gold – Single printed issue (includes one-month digital subscription as well) \$5.99

Bulk, Printed (includes one year 12 issue digital and print subscription as well)

- Gold bulk – 25 qty of the same printed issue \$74.55
 - Gold bulk – 50 qty of the same printed issue \$144.50
 - Gold bulk – 100 qty of the same printed issue \$279.50
 - Gold bulk – 250 qty of the same printed issue \$672.50
 - Gold bulk – 500 qty of the same printed issue \$1,295.00
 - Gold bulk – 750 qty of the same printed issue \$1,867.50
 - Gold bulk – 1,000 qty of the same printed issue \$2,390.00
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NW Fitness Directory listing

Create a directory listing for your establishment, products, services or events through NW Fitness Magazines, Directory & Resource Guide options.

1. Free basic directory listing on www.NWFitnessDirectory.com (one year listing)
 2. Enhanced interactive Directory listing - \$9.99 (one year listing)
 - a. Basic listing on www.NWFitnessDirectory.com
 - b. Enhanced Interactive listing on www.NWFitnessDirectory.com
 - c. Directory listing posted to the blog post pages and onto the blog subscribers of each <http://nwfitnessdirectory.com/blog-posts/> & <http://nwfitnessmagazine.com/magazine/articles/>
 - i. Event listing Blog post also published to Facebook, Twitter, LinkedIn & google Plus
 - ii. NW Fitness Magazine post link also included in the NW Fitness Magazine email Newsletter
 3. Premier Directory / Resource listing in NW Fitness Magazine \$29.99 or \$39.99 (one issue)
 - a. Both of the Premier Directory listing options below include the basic and Interactive listing package options as well
 - b. Premier Directory Listing in NW Fitness Magazine digital issue \$29.99 (one issue)
 - c. Premier Directory Listing in NW Fitness Magazine print & digital issue listing \$39.99 (one issue)
 4. Featured Directory / Resource listing Advertisement through an advertising package of your choice. Advertising packages & descriptions can be found in the media kit or on the following page.
<http://nwfitnessmagazine.com/magazine/advertise/>
 - a. Purchase an advertising package to promote your event and at no extra charge you will receive the options from the Basic listing, the Interactive listing as well as the premier print & digital packages.
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NW Fitness Event calendar listing

Create an event listing and promote your events through NW Fitness Magazines event listing options

1. Basic event listing - Free
 - a. Basis listing on www.NWFitnessEvents.com home page and <http://nwfitnessmagazine.com/nw-fitness-events/>
 2. Enhanced interactive event listing - \$9.99
 - a. Basic listing on www.NWFitnessEvents.com home page and <http://nwfitnessmagazine.com/nw-fitness-events/>
 - b. Enhanced Interactive listing through <http://nwfitnesssevents.com/> & <http://nwfitnesssevents.com/events/> & <http://nwfitnesssevents.com/events/categories/> & <http://nwfitnesssevents.com/calendar/>
 - c. Event listing posted to the blog post pages and onto the blog subscribers of each <http://nwfitnesssevents.com/blog/> & <http://nwfitnessmagazine.com/magazine/articles/>
 - i. Event listing Blog post also published to Facebook, Twitter, LinkedIn & google Plus
 - ii. NW Fitness Magazine post link also included in the NW Fitness Magazine email Newsletter
 3. Premier event listing in NW Fitness Magazine \$29.99 or \$39.99 (one issue)
 - a. Both of the Premier event listing options below include the basic and Interactive listing package options as well.
 - b. Premier Listing in NW Fitness Magazine digital issue \$29.99 (one issue)
 - c. Premier Listing in NW Fitness Magazine print & digital issue listing \$39.99 (one issue)
 4. Featured event listing Advertisement through an advertising package of your choice. Advertising packages & descriptions can be found in the media kit or on the following page.
<http://nwfitnessmagazine.com/magazine/advertise/>
 - a. Purchase an advertising package to promote your event and at no extra charge you will receive the options from the Basic listing, the Interactive listing as well as the premier print & digital packages.
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NW Fitness Superstore

Sell your products and services through the NW Fitness Superstore. www.NWFitnessSuperStore.com Let the NW Fitness Magazine affiliate marketing team go to work promoting your products and services for sale to our network of health and fitness enthusiast. Promotions include but are not limited to the various social media platforms of our team.

NW Fitness Superstore Fee's

Shop owners must have a verified PayPal account.

25 % commission fee will be taken from your store sales and credited to NW Fitness Superstore.

Shop owners will pay the PayPal transaction fees and are responsible for the accountability of items for sale at your shop listed on NW Fitness Superstore.

NW Fitness Superstore membership fee,\$1.99 monthly fee, or \$19.99 yearly fee

Superstore membership fee **waived** if **any** of the following apply to you:

1. Current advertisers in NW Fitness Magazine
2. Current vendors / Sponsors of Williams Productions WA State Fitness EXPO
3. Current Gold level subscriber to NW Fitness Magazine

Swag bag / event donations

We will be distributing Swag Bags to competitors participating in various events as well as to judges, and event volunteers.

We will be making 300 swag bags to give away.If you would like to donate a sample or marketing material for us to place into the bags please send it to us by July 13th. Of course sooner is better but at the latest, we would like to receive it by July 13th.

If you would like to donate any special prizes to particular placing in a particular event or class just let us know the details through the form below.Place a note in your package as well if you have any special instructions.

When we receive your donations we will take pictures and share it through our social media outlets to inform participants.

Additional Event donation options for your products or services to be donated to.

1. Swag bag donations
2. Pre-event promotional giveaways
3. Competition Finalists. Given to top 5 or winners of a specific class or classes
4. Inspirational contest
5. Transformational contest
6. Team award
7. Coach / trainer award
8. Best poser
9. Event volunteers
10. NW Fitness Mag's "Best in the NW" award bags
11. Seattle Children's Hospital fundraiser silent auction or gift basket raffle (100% of S.C.H Expo fundraiser proceeds donated to Seattle Children's Hospital) additional details for this option and event can be found on this page. <http://wastatefitnessexpo.com/vendor/seattle-childrens-hospital-fundraiser/>

Ship your donated event products to the following address: Williams Productions, 16224 SE 249 Place, Covington WA 98042

Swag bag and event donation info page and form found here:

<http://wastatefitnessexpo.com/vendor/swag-bag-donations/>

Seattle Children's Hospital fundraiser

Enjoy the WA State Fitness Expo while supporting Seattle Children's Hospital.

10% of the General Admission "Expo only" ticket sales will be donated to Seattle Children's Hospital.

Stop by the Seattle Children's Hospital Exhibitor Booth within the WA State Fitness Expo to participate in fundraising events graciously supported by our many event sponsors. One hundred percent of the proceeds from the auction and raffle items will be donated to Seattle Children's Hospital

- Silent auction
- Gift basket raffle ticket drawing

Help us support Seattle Children's Hospital while promoting Health & Fitness in the NW through the following options

1. Getting your Expo Ticket now.
2. Donate a product or service to the silent auction or gift basket raffle

\$1.00 Gift basket raffle ticket. SCH Fundraiser raffle basket at WA State Fitness Expo . (100% of raffle ticket proceeds donated to Seattle Children's Hospital)

Donations form <http://wastatefitnessexpo.com/vendor/seattle-childrens-hospital-fundraiser/>

Things to know, find out or bring, that may improve your success.

- Am I indoor or outdoor?
 - If outdoor, do I need to bring some sort of tent shade?
- How much space do you have?
- Are the following provided?
 - Tables
 - Table cloths
 - Chais
 - Trash cans
- How much table space do I have?
- What type of backdrop do I have?
 - Pole & drape?
 - Wall?
 - None?
 - What do I need to hang a banner behind me?
 - Are hooks provide?
 - Zip ties, rope, twine, tape etc.
- Know the vendor set up time
- What is the parking situation.
 - location?
 - Is there a fee for parking?
- Is wifi available (in case you need it for payments)
 - Is WIFI free or an additional cost.
 - What is the password if protected.
- Is electricity available?
 - Fee?
 - Deadline to register for an electrical hook up?

- Am I assigned a vendor location or do I choose my space?
- Is there food for sale at the venue or nearby?
- What is the event website, social media pages,
 - Connect with the event as many ways you can.
 - Many people attending the event will be following the events website and social media sites. Be active with these by contributing relevant information about what you are providing or your event specials. You may draw sales before the event by doing this. You will also be educating people of your products/services. This way you can spend more time at the event closing warm leads you created in you pre event communication with qualified leads.
- What other opportunities are available to you as a vendor/exhibitor/sponsor of the event. and are there any extra charges?
 - logo placement on websites, t-shirts, programs, flyers, posters, or printed promotional items.
 - Send in your logo as soon as you can so you don't miss out on any possibilities.
 - Can banners be hung around the area?
 - Program ads.
 - Product placement in give away bags
 - Spoken voice ads.
 - Can you give away some products for a prize of some sort?
 - If this is possible and you are doing it. Get it set up asap so you can reap the benefits of the extra advertising. Many times I find that people contact me at the last minute wanting to make a donation to one of the competitions within my event. I love the gesture and the competitors do too. But If I knew of is sooner I would love to announce these type of things and promote the company doing the giveaway. If we can pre promote is together we can create more buzz and you receive much more credit traffic.
 - These are good things to promote through the events social media site. You can funnel the traffic to your site by marketing a post about it and typing your website url within the post.
 - Can you hold little contests, raffles, giveaways at your booth?
 - Thinks of exciting ways to draw people into your booth.
 - Think of creative ways to get people to register their email with your.
 - If you create some sort of event or contest at your booth. Then find out what resources are available to let attendees know about these attractions.
 - Are you an expert of some kind? Then maybe you can create a little talk or demonstration at your booth at certain times? Then invite people from your contact list.
 - You could invite some kind of an expert or popular figure within the demographic of the attendees. Promote before the event. Invite people to come to your booth to meet the popular figure.
 - Are you given complimentary tickets to the event to give away to clients? Or do you get any special admission discounts for referring spectators to the event. If so.....Take advantage of this by creating a pre event campaign. Come up with creative ways to gain new contacts by giving these tickets away to those who register with you in some fashion. You can also invite loyal customers to come to your booth to take advantage of your special event opportunities.
- Bring a way to accept payment via credit debit card.
- Create a booth that is attractive, inviting makes visitors feel comfortable.
- Ask questions that stimulate thought and encourage conversation.
- Ask open-ended questions - beginning with who, what, where, when, why or how.
- Be aware that everyone is watching you. Dress and act in an appropriate manner.
- Ask questions instead of pitching
- Identify and prioritize the top three reasons why you are going to each trade show.
 - To gather sales leads or sell your products or services to attendees and other exhibitors
 - Promote new products/product launch; "new" is the most powerful word on the show floor to attendees.
 - Enhance your corporate image or corporate message as an industry leader (branding/awareness)
 - Educate your audience regarding your products and/or services
 - Cement existing client relationships to garner repeat sales

- Conduct business meetings before or after show hours with attendees you can't otherwise reach
- Obtain press/media coverage
- Identify and recruit new distributors/dealers/representatives/employees
- Perform competitive and market research
- Attend educational sessions
- Identify the products or services you will showcase and determine how you will display or demonstrate them.
- Don't Forget to Smile.
- If samples of your product are tiny, prop them up high so it is easier for spectators to spot them.
- Stimulate buyers' senses. Incorporate technology into your trade show display.
- Know your audience and focus your message on their needs.
- Find ways to make introductions for other people.
- Stay off the electronics. If your exhibitors are on their cell phones, laptops or any other devices, attendees will keep on walking.
- Send email reminders and a direct mail campaign to loyal customers and strong prospects before the show, urging them to stop by your booth.
- Bring the appropriate cash to make change for sales.
- Table cloth, banner, flyers, brochures, coupons, business cards, paper, pens pencils, tape, twine, zip ties,
- Record all pertinent information on a lead form to facilitate follow-up.
- What can you offer, or what reasons can you come up with for attendees to leave their contact info (email, phone number, address) with you at your booth.
 - Follow up with them after the event.
- How can you cross promote with any of the other vendors at the event?
- Bring food and water for yourself.
- Wear comfortable shoes.
- Vendors of the WA State Health Fitness & Beauty EXPO also are encouraged to fill out a directory listing for themselves on www.nwfitnessdirectory.com We will be promoting your listing in preparation of the EXPO. This is a great way for you to pre promote and educate consumers about your presence long before the event.
- If you have any exciting promotions, or giveaways or special attractions we would love to hear about it so that we can get the word out early.
- Connect and share your company info and promotions with us through social media. A list of our social media links can be found on the following pages: <http://nwfitnessmagazine.com/contact/> and <http://wastatefitnessexpo.com/contact/>

Contact / social media / sites / blogs / newsletters

Contact

Williams Productions Promoter

Jeremy Williams

info@williamsproductions.com

NW Fitness Magazine Publisher

Jeremy Williams

jwilliams@nwfitnessmag.com

Social Media

NW Fitness Magazine Facebook **page**

- <https://www.facebook.com/nwfitness/>

NW Fitness Magazine Facebook **group** (public)

- <https://www.facebook.com/groups/176601155774477/>

NW Fitness Magazine Facebook **group** (**private group** for team members)

- <https://www.facebook.com/groups/1702006246516605/>

Wa State Fitness Expo Facebook **page**

- <https://www.facebook.com/WaStateFitnessExpo/>

Wa State Fitness Expo Facebook **event calendar** **page**

- <https://www.facebook.com/events/151689875613844/>

Vendor Events Expos Tradeshow Fairs Festivals **Facebook group**

- <https://www.facebook.com/groups/730386167009114/>

NPC WA State Open Facebook **page**

- <https://www.facebook.com/wabodybuilding/>

NPC WA State Open **Group**

- <https://www.facebook.com/groups/141108815899261/>

NPC WA State Open Facebook **event calendar page**

- <https://www.facebook.com/events/340880826416035/>

NW Fitness Events Group

<https://www.facebook.com/groups/NWFitnessEvents/>

NW Fit Club **Page**

- <https://www.facebook.com/NWfitclub/>

NW Fit Club **Group**

- <https://www.facebook.com/groups/1645018872426734/>

Contest prep seminar / posing workshop Facebook **event calendar page**

- <https://www.facebook.com/events/384880341924807/>

Altered Image Supplements

- <https://www.facebook.com/Alteredimagesupplements/>

Twitter

- <https://twitter.com/NWFitnessMag>

LinkedIn

- <https://www.linkedin.com/pub/jeremy-williams/73/b6/729>

Google+

- <https://plus.google.com/108657894273926091116>

Youtube

- <https://www.youtube.com/user/1Williamsproductions>

Instagram

@Nwfitnessmag

Pinterest

- Nwfitnessmag - Jeremy Williams

Snapchat

Nwfitnessjeremy - Jeremy Williams

Web sites with: info request emails, blog subscriptions, newsletters subscriptions, content memberships, RSS feeds

<http://wastatefitnessexpo.com/>

<http://nwfitnessmagazine.com/>

<http://wastatebodybuilding.com/>

<http://jeremywilliamsbodybuilding.com/>

<http://alteredimagesupplements.com/>

<http://nwfitnesssevents.com/>

<http://nwfitnessdirectory.com/>

<http://nwfitnesssuperstore.com/>

Do you know of a business or professional that provides an outstanding service? Do they deserve special recognition? Nominate them into NW Fitness Magazines ...Best of the Best in the NW contest – **Recognition of Excellence Award.**

We want to help you show your appreciation and recognize leaders, mentors and providers of excellence in the realm of health and fitness the awards ceremony within the 2019 WA State Fitness EXPO

- Date: Sat **July 18th, 2020.**
- Location: Auburn Performing Arts Center, 702 4th Street N.E.
Auburn WA 98001

Nominate and vote for your favorite NW: service provider, product, establishment, destination, practitioner, professional etc ... any and all categories welcome for a nomination.

Approved nominee's will receive:

- Nomination Certificate digital image
- Best in NW voting platform link attached to your recognition of Excellence page.
- Nomination Certificate Printed
- Invitation and two tickets (G/A Expo only Tickets) to NW Fitness Magazine's "Best in the NW" awards ceremony within the WA State Fitness EXPO, **July 18th 2020** in Auburn WA.

Best in the NW category examples:

- Contest prep coach
- Nutrition coach
- Posing coach
- Personal trainer
- Competition team
- Promoter, competition or event
- Competition tanning service/product
- Competition suit designer
- Supplement company or product
- Fitness or event photographer / videographer
- Event M.C (Master of Ceremonies)
- Gym / health club / personal training studio / fitness center
- Competition hair stylist/make-up artist
- Food prep service
- Workout apparel / gear / accessories

Nominate and vote at <http://wastatebodybuilding.com/best-in-the-nw/>

NW Fitness Magazine

AND THE WINNER IS...

Kattwalk Salon

NW Fitness Magazine Presents The Award of Excellence to Kattwalk Salon and its Owner Lonna Hicket. Kattwalk's previous recognition, **best salons**, and NW Fitness Magazine have recognized Lonna for her continued commitment to high standards and outstanding service.

With over 13 years experience in the Hair and Skin industry, Kattwalk Owner Lonna Hicket attributes much of her success and customer loyalty, to the detailed commitment to any service. Lonna believes that education is the foundation of understanding and success. She strives to attend additional courses, seminars, both for women and men. Additionally she works with the latest color, color trends, long conditioning treatments, Keratin treatments, and facial waxing. Every hair service comes with a relaxing scalp massage.

Specializations include: Balayage, Ombré, Highlights, Low-cutting, ear cone, Foh, color treatments, re-touches, color corrections and more. Certified Dyeist of the Capital on the east bay, designer hair care for women and men. Additional services and products: Hair Health exercises, dry-shampoo treatments, Keratin treatments, and facial waxing.

How do the Kattwalk Salon members that the salon was able to offer only selected to your daily workout routine like the one you can find at your hair and skin? This is where we come in. That is the Kattwalk we value great fitness in order to achieve the maximum combination of designer color, color, and style in combination with your unique facial structure, skin tone, or the lifestyle—allowing you to feel and embrace your true self!

6 + 8 Weeks – Healthy Hair

Getting regular hair cuts can improve your hair health by removing the ends of your hair that may be dry or damaged due to exposure to elements such as heat, cold, ultraviolet or windburn, etc. A good haircut every 6-8 weeks will help you maintain the length and you should also see a visible difference in the hair and improved scalp health. Trims will help increase blood flow and make the hair healthier to keep your hair well, and in protecting your hair. By taking good care of your hair with regular washing and conditioning as well, your healthy hair from heat and chemicals with professional hair care products, you will keep your hair strong, shiny, and growing.

Gifts provided by the Kattwalk Salon,
[291] St Kent Gardens Rd Kent WA,
For Appointment Call: 425-422-8218

Look Link is an app as good as your Makeup brushes

Good quality makeup brushes are just as important as good paint or well-matching shoes, investing in great brushes will allow you to do that Barcelona fresh eye look better. Especially in recent care of your brushes—in order to preserve your investment it will not wash your brushes monthly with a liquid hand soap or baby shampoo in lukewarm water (the water can create bubbles if cold). Rinse well, squeeze out the excess water, collapse, and dry by hanging the brushes over the sink. Wash, moisten from with an antibacterial soap, and dry with a clean face cloth.

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www.nwfitnessmag.com
NWFitness
MAGAZINE
PRESENTS

**VOTE US
#1**



**DO YOU KNOW OF A AN:
ESTABLISHMENT, SERVICE PROVIDER, OR PRODUCT
THAT DERSERVES RECOGNITION FOR EXCELLENCE?**

WE WANT TO HEAR ABOUT IT.

SHOW YOUR APPRECIATION.

**NOMINATE AND VOTE IN NW FITNSSS MAGAZINES
BEST OF THE BEST IN THE NORTHWEST
WWW.NWFITNESSMAGAZINE.COM**

NWFitness

MAGAZINE



**{MEDIA
KIT}**



{CONTENT}

Outdoor Activities



Training & Sports



Competition & Event Coverage



Reviews | Spa | Products

Regional Profiles
Gym Spotlights
Events Calendar
Extreme Fitness
Arts & Culture
Mental Health
Fashion



Health & Wellness



Interviews



Cooking | Recipes | Culinary

Diet | Nutrition | Supplements

{Contact}

JEREMY WILLIAMS, CEO
JWILLIAMS@NWFITNESSMAG.COM
(253) 335-8237



MISSION STATEMENT

Many fitness publications offer only a national perspective alienating the specific needs of our region. The goal of NWFitness Magazine is to give a local perspective to our regions fitness enthusiast and associated businesses. Catering to the needs of the greater Northwest by spotlighting local business, local athletes and fitness experts, local events and exercise tips that are specific to dealing with the various conditions with being active in the Northwest.

**Northwest
Fitness
Magazine is the
Regions #1 Source
for Fitness!**

Contributors

ADVERTISERS

**ATTRACT
ATTENTION
AWARE
EDUCATE
RESPECT
INVOLVED
REWARDS
EXPERT**

Join the Northwest Fitness Magazine team. We are excited to align with local experts dedicated to enhancing the quality life in the Northwest. Through the education of beneficial products, services, events and information relevant to the health and fitness of our Community, we can make a difference. We are passionate about empowering others to manage their health and fitness through exciting new discoveries that others have to offer.



Use your advertising space to create dramatic impact by writing an informative article style ad. Strengthen your credentials and reputation within your field as an authority, and one of Northwest Fitness Magazines expert contributor writers.

As a columnist you can further promote yourself as an **authority** and **expert** in your field. Write an informative content article. Designed to gain the **attention** of reader and deepen your influence. **Strategically** share your **wisdom** and incite in a professional manor. Gain the **respect** and **trust** of the reader, further proving your **credibility**. Successfully share the benefits one may receive while becoming happily involved with your products/services.

Improve recognition an influence by current and new customers:

Add the new professional **credential** of "NW Fitness Magazine, Contributing writer"

Display your magazine articles in your place of business.

Add your magazine articles to a media page on your web site.

Share your magazine articles through your social media outlets.

Distribute your magazine to your current or prospected customers.

NWFitness MAGAZINE

NW Fitness Magazine is available in both print and digital formats.

Printed magazines are available by paid subscription, and through various retail locations throughout the Northwest, and by our demo teams at local events and businesses.

In addition to paid consumer subscribers, NW Fitness Magazine may be on display at establishments in the NW such as Health Clubs, (Gyms, Crossfit, Yoga, Pilates, climbing, martial arts), Spas (Medical, Beauty, Health & Day), Hair, Nail & Tanning Salons, Health food stores, supplement retailers, smoothie shops, athletic specialty stores (cycle, running, shoe, triathlon), Dr Offices and waiting rooms (Chiropractors, Physical therapy, Dental, Cosmetic & Plastic Surgery, & Naturopath)

Fitness Magazine has a Demo Team of Sponsored Athletes and Models of over 50 individuals that promote & distribute the publication at various events in the NW, such as: triathlons, marathons, mud runs, cycle events, rollerblade/skate competitions, MMA Events, bodybuilding figure fitness bikini & physique contests. At these NW events the demo team also acquires, NW Fitness Event enthusiast subscribers to the digital emailed version as well.

The NW Fitness Magazine Demo Team also distributes the publication through demo booths set up at various health clubs, salons, supplement retailers, and smoothie shops etc.)

NW Fitness Magazine Also Hosts the WA State Fitness EXPO, Consisting of exhibitors, events and spectators.

The **Digital** version of NW Fitness Magazine is available at three levels of content distribution. Content distributed and received by the subscriber depends on the level of their subscription or lack thereof.

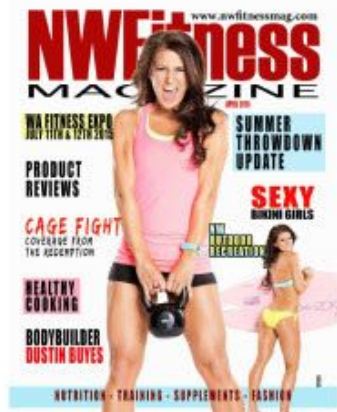
Digital subscription and distributions levels include:

1. Free
2. Email subscribed
3. Paid subscriber

Digital distribution includes a digital version of the magazine

- Web hosted digital view
- PDF View
- Blog post distribution
- Emailed distribution
- Social media post

The NW Fitness Magazine affiliate marketing team and demo team aid in the distribution of NW Fitness Magazine posts, articles, issue, products, services and supporters info through various social media platforms.



NW Fitness

MAGAZINE

Print and Digital Magazine		Digital Magazine only	Community Page submission web page
¼ page	\$250	\$99	Free up to 3 full pages. Submit your content to be published on the community submission web page only on the NW Fitness Magazine Website. www.nwfitnessmagazine.com
⅓ page	\$333	\$115	
½ page	\$500	\$175	
⅔ page	\$667	\$225	
¾ page	\$750	\$250	
full page	\$999	\$333	

Discounts available for those who purchase multiple issue space in advance.

Email jwilliams@nwfitnessmagazine.com for multiple issue discount request

- 3 Issues in advance 5% discount
- 6 Issues in advance 10% discount
- 8 issues in advance 15% discount
- 12 Issues in advance 20% discount

4- COLOR	1x	3x (5% off)	6x (10% off)	8x (15% off)	12x (20% off)
Spread	2000	1900	1800	1700	1600
Full Page	1000	950	900	850	800
2/3- Page	667	634	600	567	534
1/2- Page	500	475	450	425	400
1/3- Page	333	316	300	283	266
1/4 -Page	250	238	225	213	200

COVER	1x	3x (5% off)	6x (10% off)	8x (15% off)	12x (20% off)
Inside CV	1225	1164	1103	1041	980
Inside CV	2500	2375	2250	2125	2000
Spread					
Back	1225	1164	1103	1041	980
Inside Back	1225	1164	1103	1041	980

Advertising Terms & Conditions

Orders are non-cancelable after closing date.

All content subject to publisher's approval.

Advertiser and agency assume liability for content of advertisements printed and assume responsibility for any claims made against the publisher.

Positioning of ads is at the discretion of the publisher except where requested

Jeremy Williams

- **Publisher / Editor / Owner- NW Fitness Magazine.**
- **Promoter / Owner - Williams Productions**
 - WA State Health Fitness Beauty EXPO
 - N.P.C WA State Open Bodybuilding, Fitness, Figure, Bikini, Physique, Championship National Qualifier. Since 2003.
- Research / Development / Owner - Altered Image Supplements.
- Fitness Coach
 - Contest prep coach to professional & amateur athletes
 - Speaker/demonstrator at various seminars & workshops
 - Writer / Author
- Paramedic
- Anesthesia Technician (Present & past institutions Seattle Children's Hospital, Healthcare Network, U.W Medical Center)
- **Certifications / Credentials / Special training / previously obtained**
- PARAMEDIC. NREMT. National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Emergency Medical Technician. EMT-B National Registry Emergency Medical Technicians. (N.R.E.M.T)
- Certified Anesthesia Technician. American Society of Anesthesia Technologists & Technicians (A.S.A.T.T).
- Medical Assistant Phlebotomist Certification, Washington State Department of Health
- Health Care Assistant Certification, Washington State Department of Health
- University of Washington Medical Center C.P.R instructor
- University of Washington Distinguished Staff Award Nominee
- University of Washington Medical Center Surgical Specialties Certificate of Recognition
- Advanced Cardiac Life Support (ACLS). American Heart Association
- American Heart Association (AHA) Healthcare Provider CPR/BLS.
- First Aid & CPR, Basic Life Support (BLS) INSTRUCTOR. American Heart Association
- Pediatric Advanced Life Support (PALS).
- Prehospital Trauma Life Support (PHTLS).
- Geriatric Certification (GEMS).
- 12 Lead Electrocardiogram (ECG) Interpretation course completion certification
- Malignant Hyperthermia in the Operating Room, Childrens Hospital
- Intraoperative blood salvage / Autologous Blood transfusion (Cell Saver) Children's Hospital
- Hazardous Materials Awareness Certification.
- Hazardous Materials Operations
- Emergency Vehicle Accident Prevention Program, (EVAP) Fire Dist 44
- HIPAA Training Certification
- National Physique Committee (N.P.C) Judge & Event promoter.
- Firefighter Basic, Fire District 44, Volunteer recruit fire academy
- CAC Fitness Trainer/Nutrition Consultant
- Health & Fitness Expert Ambassador Western Governors University (W.G.U)
- Athlete Card - National Physique Committee (N.P.C)
- Judge Card - National Physique Committee (N.P.C)
- Event Promoter Card - National Physique Committee (N.P.C)
- Hunter Education Training Certificate, State of WA Dept of Game.
- Ordained Minister, Universal Life Church Ministries

Awards / Recognition / Titles

- Bodybuilding Competitor Since 1990.
- Competed in over 75 bodybuilding Competitions Starting in 1990 at age 12
- N.P.C WA Ironman It-Heavy & Overall Champion
- Evergreen State Heavyweight Champion
- ABA Drug Free Free World Championship, Teen Champion
- NPC Teen National Runner-up
- NW N.P.C Junior Champion
- Best Poser Awards
- Thorbeck Fitness Center, SW Washington Fair N.P.C, Special Appreciation Award
- Contest prep coach to professional & amateur athletes in a variety of sports, including but not limited to: Bodybuilding, Figure, Fitness, Bikini, Physique, Classic Physique, MMA, Functional Fitness, Weightlifting, Powerlifting, Tri-Athletes, Strongman, Basketball, Football, Baseball, Track & Field, Dance & General Health, fitness & Vitality
- Jeremy Williams Texas Europa Hardbody Model Runner up
- Vision Quest Deadlift Champion/Weight Class
- Star Power Adult Production National Dance Champions
- NREMT EMS Service appreciation award
- Fire Dist #44 Service appreciation award

Community Events - Public Relations - Appearances

- Conducts Seminars / workshops on Bodybuilding, fitness, figure, bikini, physique, classic physique contest prep.
- Conducts various seminars on general health & fitness.
- Performed fitness niche Stand Up Comedy act on multiple occasions. Spanning from a major event seating over 2,000 spectators to a private invitation party event.
- Two time Master of ceremonies (M.C) for Mixed Martial Arts Fights
- Two time Master of ceremonies (M.C) for the N.P.C WA State Open
- M.C Auctioneer for a charity auction benefiting youth dance activities
- Invited to be the Fitness Expert onsite for a series of promotions with W.G.U benefiting B.E.C.U employees
- Invited by photographer April Greer to speak in a seminar/workshop on behalf of NW Fitness Magazine to a group of aspiring fitness models.
- Years of multiple dance and acting character roles on stage with the Auburn Dance Academy and Surge Dance Center.
- Taught multiple CPR & BLS classes to both healthcare providers and lay rescuers. A few locations include: Mountain View Fire Dept Dist #44, University of Washington Medical Center operating room staff, Costco wholesale, Contemporary Home Services, Auburn Dance Academy
- Invited to a business Fair by KW High School Students to help teach networking and business skills.

Community Service / Volunteer

- King County Fire Dist #44, Volunteer firefighter since 1999.
- Weekly Teacher Assistant elementary/preschool volunteer since 2001 - Current, Crestwood Elementary
- Kent Parks, Crestwood Elementary Track Coach- 2008
- Covington Physical Therapy
- Event Volunteer E.M.T / Medical Team for a variety of Fitness Events throughout the Northwest.
- Volunteer health, wellness & Fitness Coach to a variety of individuals each year that can't afford such assistance.
- Founder of NW Fitness Magazine Community Outreach Program
- Assisted Seattle Children's Hospital Global Surgery Outreach
- SDC, Voltage

Publicity - Features - Media - Advertising - Modeling - Sponsorships -

Endorsements

- NW Fitness Magazine
- Flex Magazine
- Ironman Magazine
- Seattle Times
- Auburn Reporter
- Extreme Sports Report
- KW Report
- American Muscle Television Program
- Centralia News
- Multiple Web Sites / Blogs / Forums
- Multiple Flyers / Posters / Promotional media / promoting fitness events, products & services
- Willies Tri-Pro
- Central WA University Nursing Student project on Fitness
- Altered Image Supplements
- Created NW Fitness Magazines "Best In the NW" Recognition of Excellence Award
- Seattle Children's Hospital GI Lab Monthly publication "The Poop Scoop" Feb 2017 / Vol 19

Education

- College of Emergency Services (C.E.S) / National College of Technical Instruction (N.C.T.I) Woodland WA. Paramedic (NREMT) -Completion of Paramedic program
- Bates Technical College, Emergency Medical Technician-Basic (EMT-B)
- Green River Community College
- North Seattle Community College, Medical Terminology
- Mountain View Fire Dept Fire Dist #44 - Fire Fighting Academy

Committee / Memberships - (Past and or present)

- Anesthesia Support Representative on Seattle Children's Hospital Quality and Safety Committee
- National Physique Committee (competitor - Judge - Promoter)
- ASATT American Society of Anesthesia Technicians & Technologist



NWFitness

MAGAZINE

Submission of Advertising Media

Print Copy (used for printed magazine)

*****	Size w x h	bleed	Margin (top, bottom, non-spine side)	Margin (spine side)	Resolution	Color
Full Page	8.5 x 11 inch	.125 inch	.50 inch	.75 inch	300 dpi or >	CMYK
2/3 Page Vert	5.7 x 11 inch	.125 inch	.50 inch	.50 inch	300 dpi or >	CMYK
1/2 Page Vert	4.25 x 11 inch	.125 inch	.50 inch	.50 inch	300 dpi or >	CMYK
1/3 Page Vert	2.8 x 11 inch	.125 inch	.50 inch	.50 inch	300 dpi or >	CMYK
1/2 Page Horizontal	8.5 x 5.5 inch	.125 inch	.50 inch	.50 inch	300 dpi or >	CMYK
1/4 Page	3.63 x 5 inch	none	none	none	300 dpi or >	CMYK

Digital Copy (used for digital publishing to mobile devices)

*****	Size w x h	bleed	Margin (top, bottom, non-spine side)	Margin (spine side)	Resolution	Color
Full Page	8.5 x 11 inch	none	.50 inch	.50 inch	150 ppi or >	RGB
2/3 Page Vert	5.7 x 11 inch	none	.50 inch	.50 inch	150 ppi or >	RGB
1/2 Page Vert	4.25 x 11 inch	none	.50 inch	.50 inch	150 ppi or >	RGB
1/3 Page Vert	2.8 x 11 inch	none	.50 inch	.50 inch	150 ppi or >	RGB
1/2 Page Horizontal	8.5 x 5.5 inch	none	.50 inch	.50 inch	150 ppi or >	RGB
1/4 Page	3.63 x 5 inch	none	none	none	150 ppi or >	RGB

Note (Digital Copy can be used for the print version. However, images may lose color upon conversion to CMYK. Digital Copy may also be cropped or resized in order to fit proper print magazine margins and bleeds.

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