



A GLOBAL PLATFORM FOR WOMEN HEALTH
AND FITNESS SOLUTIONS



About Us

Women Fitness is a fast-growing online women health and fitness support, reaching out women in 150 countries around the world and published in 10 languages. Launched in 2000, Women Fitness continues to reach millions of unique visitors each month. It is one of the most popular website in the world, rated among Top 100 websites for women by Forbes. It is selected in Yahoo! women health directory as Top seven websites by popularity. Google, Bing and Yahoo! give Women Fitness top search result over a million other sites for the key word 'women fitness'.

Women Fitness has opened new ground for women to gain access to the latest development in women health. We at Women Fitness strive to provide visitors easy-to-adapt lifestyle solutions from around the world.

The company's mission is to spread health & fitness awareness among female of all age group (16- 60 and above) and the society at large. Healthy Lifestyle is a choice to rise against obesity and WF health and fitness experts are committed to help women achieve health & fitness goals.

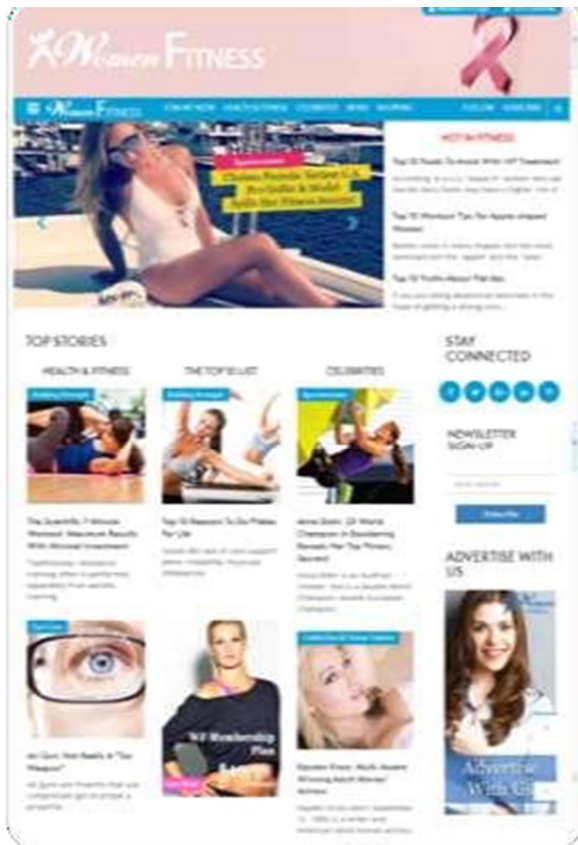
In last twenty five years every leading women centric, health related brand has advertised on Women Fitness.



150 Country Editions

Spreading out in 150 countries, Women Fitness brings you the latest health and fitness researches. Each country edition aims to reach out women of that particular destination with the best of health support. Every country edition is tailor-made for the country it serves and has relevant women health articles of its own country. All editions editorial focus has a bias towards latest women health international articles.

US Edition (<http://womenfitness.net/>)



UK Edition (<http://uk.womenfitness.net/>)



[In All 150 country specific sites](#)

[View All Country Editions](#)

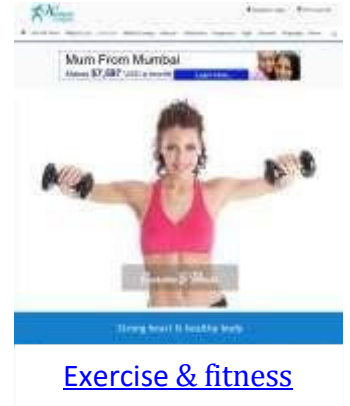


Editorial Philosophy

Women Fitness offers over 16 Channels

- ❖ Weight Loss
- ❖ Obesity Centre
- ❖ Yoga
- ❖ Beauty
- ❖ Exercise & fitness
- ❖ Healing Herbs

Women Fitness offers readers a unique take on women health news. Our editorial point of difference versus traditional women health and fitness sites is that Women Fitness offers a higher ratio, sometimes up to 90 per cent, of global women health and fitness articles to local news. We provide rapid delivery of local in-country news and latest women health and fitness articles that are developing around the world based on latest published and reported researches up to the last minute.



More Channels

- ❖ Fertility & Pregnancy
- ❖ Women Health Concern (Disease Specific)
- ❖ Fitness for Models
- ❖ Healthy Recipes
- ❖ Women Body Building
- ❖ Fitness Tools
- ❖ Fitness Components
- ❖ Fitness Articles
- ❖ Fitness News
- ❖ Country Specific Editions



[Fertility & Pregnancy](#)



[Women Health Concern](#)



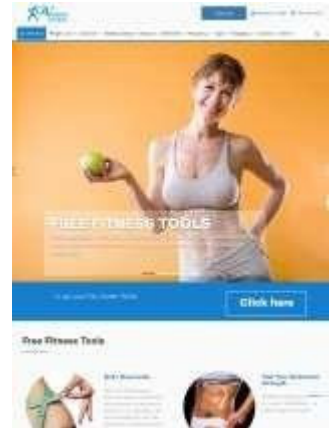
[Fitness for Models](#)



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[Women Body Building](#)



[Fitness Tools](#)



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[Country Specific Editions](#)



Testimonials and Global Recognitions

Leading women from the world of Fashion, Modelling, Bodybuilding, Sports World Champions, Hollywood actresses, Doctors and ladies from all walks of life have testified the supremacy and authenticated its effectiveness in changing their healthy lifestyle.

“ The website [womenfitness.net](https://www.womenfitness.net) is a great platform for women to have a space of their own when it comes to fitness and health.

[Laneah Bryan, US Flag Football Player](#)

“ I would like to say this website has a very good purpose. Taking care of your health and doing fitness will help you live a longer life with a better quality of life.

[Alice Connors, Model](#)

“ I think it's great! Women should stick together. (Well, not only women, but that's what it's about.) There is a lot of useful information on the website, so go check it out!

[Elisa Tartler, German Archer](#)

“ I think [Womenfitness.net](https://www.womenfitness.net) is really worth to check out! Women sports are so undervalued and all the attention always goes to male sports. It's good to have some media sources like [Womenfitness.net](https://www.womenfitness.net) that bring the attention to the strong women in sports. It's so important to empower each other and show the world what we ladies can do.

[Dorien Motten, Belgian – Georgian gymnast](#)

“ The Women Fitness website is a fantastic source of information for whatever your fitness goals are. It's a great community for all women and is full of empowering messages. There is loads of great articles on how to stick to your goals; great workouts to try; healthy recipes to use as well as inspiring interviews with different celebrities; beauty and fashion tips and ways to relax and reduce stress.

[Anna Hopkin, British swimmer](#)



Advertising Opportunities Available

Creative CPM

- ❖ 300x250 Medium Rectangle
- ❖ 728x90 Leader board
- ❖ 300x250 In-banner video
- ❖ 300x600 Half-Page Banner Expandable
- ❖ 336x280 Rectangle
- ❖ 160x600 Right side Skyscraper
- ❖ 120x600 Thin Skyscraper
- ❖ 468x60 Base Leader board
- ❖ Newsletter Weekly Recommendation.

Other Opportunities

- ❖ [Platinum Advertisement Program](#)
- ❖ Text Links
- ❖ Video Banners
- ❖ Expendables
- ❖ Skin
- ❖ Face book, Google Plus and Twitter Paid
- ❖ Posts
- ❖ Newsletter banner advt
- ❖ Digital Magazine
- ❖ Size of Inventory:
30,00,000 plus advt views a month.
- ❖ WF Bi-monthly Digital Magazine
- ❖ Women Fitness App
- ❖ YouTube Channel

Global/Local Targeting Capabilities

- ❖ Content (Edition, Channel, Home Page)
- ❖ Geo-targeting (Country, State, and City)
- ❖ Frequency
- ❖ Monthly
- ❖ Annual
- ❖ CPC



Creative solutions:

300x250 Rectangle Ad (Home Page)

Women FITNESS

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HOT IN FITNESS

The Female Tennis Superstar Asia Ivanovic Reveals Her Fitness Secrets

Asia Ivanovic is regarded as the most beautiful women tennis player in the world.

Aesthetica Model: Hottest Russian Model in the World Reveals her Spectacular Success Story

Aleksandra Ivkovic is a Russian model. She has achieved the top 10 list number 1.

Mitchella Jermine: Most Stunning Harder in the World

Mitchella "Shelly" Jermine is an Australian hurdler who won a silver medal for the 100m.

TOP STORIES

HEALTH & FITNESS

Building Strength

The Scientific 7-Minute Workout: Maximum Results With Minimal Investment

Traditionally, resistance training often is performed separately from aerobic training.

Air Gun: Not Really A "Toy Weapon"

An gun is a firearm that use compressed gas to propel a projectile.

THE TOP 10 LIST

Cosmetic Management

Top 10 Herbs To Keep You Cool In Summer

There are a herbs and spices that contain phytochemicals (plant-based compounds) with healing properties.

Kayla's Weight Loss Pill

Kayla's Weight Loss Pill is a revolutionary new weight loss supplement.

CELEBRITIES

Sarah Blahnik

Anna Dzhur: 2X World Champion In Bouldering Reveals Her Top Fitness Secrets!

Anna Dzhur is an Austrian climber. She is a double World Champion, double European Champion.

Collette & Fitness Trainer

Kaylen Knox: Multi-Award Winning Adult Movie Actress

Kaylen Knox born September 15, 1981 is a writer and American adult movie actress.

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WF CELEBRITIES

WOMEN OF THE CELEBRITY

Instagram

EXERCISE & FITNESS

Wake It Up, Shake It Up!

THE FITNESS ANALYST

Building Strength

Top 10 Reasons To Do Pilates For Life

Pilates is the best of core support, perfect instability, muscular imbalances.

Attorney

The Baywatch Actress Alexandra Paul Turns Health & Wellness Coach!

Alexandra is a health coach with clients all over the world.

AWARENESS MONTH

Awareness Month

Exercise & Fitness

More

728x90, 300x250, 120x600, 160x600 (Inner Pages)



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- Weight Loss
- Exercise
- Healthy Eating
- Beauty
- Celebrations
- Programs
- Sign Up
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Member's Login

150 Courses


728x90

CATEGORIES:

- Beauty & Fashion
- Building Strength
- Celebrations
- Events/News
- Get It Right/Healthy Nutrition
- Home Management
- Exercise & Fitness
- Healthy & Pregnancy
- Good Health
- Motivation Point
- Weight Loss
- Special Health
- Target Area
- Women of All
- Yoga & Meditation
- Others

Home / Exercise & Fitness / Motivation Point / Chelsea Pezzola: Sexiest U.S. Pro Golfer & Model Spills Her Fitness Secrets!

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120x600



160x600



300x250



Chelsea Pezzola: Sexiest U.S. Pro Golfer & Model Spills Her Fitness Secrets!

Today we have with us on Women Fitness, the super talented and super hot Golfer Chelsea Pezzola. The internet can't get enough of her as this golfer and model is all set to make the world go crazy.

Chelsea Pezzola is hoping to become one of the next stars on the LPGA Tour. Pezzola, a Florida native, went to the University of Michigan and played on the women's golf team for four years before graduating in 2014. She's working on her game and splitting time between the San Coast residence and the private San, the LPGA's developmental circuit.

Chelsea Pezzola is a US pro golfer and model. She is in conversation with Harsha Nayyar, President Women-Fitness.




Ma, Harsha Nayyar: You have graduated from the University of Michigan in 2014 having studied Bachelor of Sport, and during your time at the college you've played for the Michigan Wolverines. You won your first title of the Most Valuable Player in 2008 in regional getting championships when you were 18. You currently compete for Florida's Suncoast Ladies Tour and aspire to be a part of LPGA. Tell us more about this successful professional journey of yours and how it all began?

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650 x 160 (Emag)

WELCOME BONUS

300X300
(Expandable)

160X600

300X250

120X600

Ms. Hanita Hayer: You have graduated from the University of Michigan in 2014 having studied Business of Sport, and during your time at the college you've played for the Michigan Wolverines. You won your first title of the Most Valuable Player in 2008 in regional golfing championships when you were 14. You currently compete for Florida's Suncoast Ladies Tour and aspire to be a part of LPGA. Tell us more about this successful professional journey of yours and how it all began?

My love for golf continued to grow when we moved to Michigan and I joined the Fayetteville Country Club. I was competing with friends and enjoying every minute of it! I entered into the U.S. Kids Program where I would play against my toughest opponent, but I was determined to win... Winning would mean that I would be traveling to the next round and my Dad would get to see me play. I was so focused on getting to the next round and I won by 3-4 shots.

Golf had become my passion by high school so I told my mom and family that I wanted to go to a golf academy and I ended up at IMG. It was an incredible experience—it was the first time I had a real golf coach and I continued to grow. I ended up playing on the golf at the University of Michigan and decided I wanted to pursue the professional golf route as my career.

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Women Fitness

The American College of Sports Medicine (ACSM) recommends 3 to 12 repetitions of a resistance training exercise for each major muscle group at an intensity of 40% to 60% of a one repetition max (RM) depending on the training level of the participant. To learn more check out this week's article, [The Scientific 7-Minute Workout: Maximum Results With Minimal Investment](#)

650 x 160

Success Quote

Perseverance, persistence and persistence is key to all athletes. Motivation, and determination is key, but it's all things, doing what the strong feel from the inside.

— Thomas Carlyle

650 x 160

Fitness Tip

You can get all the protein you need from plant foods. Just make sure you're getting enough calories from a wide variety of fruits, grains, legumes, and greens. Make a salad and mix with a dash of olive oil and a dash of vinegar.

Annabelle Knott, UK's Leading Relationship & Sex Expert Reveals All Her Relationship Secrets!

Annabelle is one of the most relevant experts when it comes to dating, sex and relationships. She's a certified couples counselor and has helped countless couples as well as working on Channel 5's Big Brother's Bit on the Side, ITV's The Only Way is Essex and the ever popular day time TV show, This Morning. Delivered her expert and taking live calls from women.

Words Of Inspiration

Metaphors of Landmines

Every goal we set naturally comes with a plethora of obstacles that are attached to that goal.

These land mines show up in our lives as a set of obstacles, challenges and problems that we must surpass in order to get to our end destination, which is our goal. Instead, some are successfully motivated through these land mines and overcome them. Some are not able to learn the valuable lessons that are rewarded to help us achieve — and keep — our goal when we get to that end destination.

A metaphor is a story which cannot happen in reality. They often use this analogy because they didn't go through the struggles, obstacles, challenges and problems that will make relationships here, and so a result they are not able to hold onto their goal.

Finally, to make what do not get

650 x 160

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