

These are the topics we would like to see covered from August 1, 2020 to December 31, 2020. Article topics with (Magazine) beside them will be included in an upcoming issue of the Premium Magazine. Please choose one, or several to create articles about.

Fitness

- Online Yoga- Why You Should Consider Online Yoga
- Tips for Finding Free Yoga Classes Online
- What You Need to Start Doing Yoga At Home
- Choosing Between Local or Online Yoga
- Online Yoga for the Entire Family
- How To Find Time for Online Yoga
- How Often Should You Do Yoga?
- Mental Health Benefits of Yoga
- Physical Benefits of Yoga
- Tips for Being Successful at Online Yoga

Fun Fitness

- Benefits of Doing Aerial Yoga
- What Is Aerial Yoga?
- Types of Aerial Fitness Routines
- Workouts That Help You Train for Aerial
- Aerial Skills vs Rings
- Why You Should Get Professional Instruction
- Safety Tips for Aerial Yoga
- Hula Hoop Exercises To Try Out
- Why You Should Try Hula Hooping For Fitness
- Benefits of Working Out With a Hula Hoop
- Ways You Can Jump Rope in Your HIIT Routine
- Fun Workout Accessories for Travelling
- What to Look for In an Indoor Trampoline Park
- Excellent Indoor Trampolines
- Indoor Trampoline Workouts
- How To Make The Most Out of Your Mini Trampoline
- What Is Plyometrics?
- Tips for Starting Plyo Workouts
- Overview of Capoeira
- How Workout Cards Benefit Your Workouts
- What Is The Doonya Workout All About?
- **Pole Dancing for Fitness: Why You Should Give It a Try (Magazine)**
- Bosu Ball Moves for Killer Abs
- Overview of Using a Bosu Ball for Fitness
- Safety Tips for Using a Bosu Ball

Fun Water Workouts

- Accessories to Use for Pool Workouts

- How To Get A Total Body Workout In The Pool
- Ways to Turn Regular Swimming Into a Workout
- Family-Friendly Pool Workouts
- Pool Noodle Water Workouts
- How To Burn The Most Calories In The Water

Outdoor Exercise with Kayaking

- Health Benefits of Kayaking
- Gear You Need to Start Kayaking
- Where to Go Kayaking
- How To Choose The Right Kayak
- Tips for Kayak Camping
- The Benefits of Kayaking for Fitness
- Tips for Kayaking Beginners

No- Equipment Workouts

- Why You Should Try No-Equipment Workouts
- No Equipment Moves to Learn First
- How To Keep a No-Equipment Workout Fun
- No-Equipment HIIT Workouts
- No-Equipment Body Sculpting Workouts
- More No-Equipment Workouts

Bodyweight For Beginners

- Why You Should Do Body Weight Exercises
- Easy Moves For Beginners
- Variations on Planks
- Bodyweight With Jumps
- The Best Bodyweight Moves For Your Abs
- Easy Bodyweight Moves For The Morning
- Bodyweight Moves For The Upper Body
- **Lazy Girl Bodyweight Exercise Ideas (Magazine)**
- At-Home Workouts That Include Bodyweight Moves
- Tips For Adding Bodyweight to Your Fitness Routine

HIIT and Tabata

- What Is HIIT?
- What Is Tabata?
- Benefits of HIIT?
- Benefits of Tabata
- HIIT Moves For Your Core
- The Best HIIT Fat Burning Workouts
- Classic Tabata Bodyweight Moves
- How To Create Your Own Routine

Cycling For Beginners

- Accessories For Long Distance Bike Trail Riding
- Beginner Cycling Mistakes To Avoid
- Bike Maintenance Tips
- Buying Guide To Cycling Pedals
- Beginner Cycle Considerations
- Clothing Tips and Advice For Cyclists
- Cycling Apps That Every Bicyclist Should Consider
- Different Bicycles and What To Know About Them
- How To Start Cycling Training for Upcoming Events
- Ordering a Cycle Online What To Know
- Steps To Take To Drop Weight With Biking
- Tips For Packing Your Cycle For Camping
- What To Know About Base Cycling Training
- Tips For Entering Cyclist Races
- What To Know About Cycling Pacing
- Tools Every Cyclist Should Have
- Health Benefits of Taking Up Biking
- Learn MOre About Cycle Chains
- Use a GPS When Cycling
- What To Expect During Your Bike Fitting

Exercising With Injuries

- The Importance of RICE Guidelines
- How To Know When Your Ready To Exercise
- **Common Mistakes To Avoid When Exercising With Injuries (Magazine)**
- Slow And Steady Wins The Race
- Find New Workouts You Can Do
- How To Exercise With An Ankle Injury
- Workouts That Are Easy On Your Back
- Fitness Routine To Do With A Shoulder Injury
- Exercising with a Hand or Wrist Injury
- Keep Exercising Even With a Knee Injury
- Exercises That Are Gentle On Your Hips
- How To Workout With a Elbow Injury
- Do's and Dont's of Exercising With Injuries
- How To Speed Up the Healing Process
- Easy Workouts To Get You Moving Again
- These Forms Of Exercises Are Gentle On Your Body
- Stretches For Leg and Ankle Injuries
- Why Yoga Is So Beneficial
- Swimming Can Help Most Injuries
- Seated Workouts You Should Try

Hiking For Weight Loss

- Health Benefits of Hiking
- How Hiking Helps You Lose Weight

- How Many Calories You Burn While Hiking
- Ways To Burn More Calories While Hiking
- The Importance of Water and Nutrition
- What To Look For In a Hiking Trail
- Safety Tips To Keep In Mind
- What To Wear While Hiking
- Tips For Hiking With Your Dog
- Adding Hiking To Your Fitness Routine

Intro To Pilates

- Pilates 101: An Overview
- The Benefits of Doing Pilates
- Tips for Pilates Beginners
- Different Types of Pilates
- The Best Pilates Moves For Beginners
- Accessories Used In Pilates
- Using a Ball For Pilates
- What Is A Pilates Reformer?
- Ways To Use a Pilates Ring
- Foam Rolling Pilates Moves

Senior Fitness

- Solo Assisted Living Workouts
- Group Assisted Living Workouts
- Assisted Living Workouts Using Gym Equipment
- Exercising For Seniors With Arthritis
- No-Equipment Assisted Living Workouts
- Seated Workouts for Seniors
- Simple Yoga Poses For Seniors
- Stretching and Balance Exercises For Seniors
- Try These Workouts In Your Bed
- Why Every Senior Should Be Walking

At Home Fitness

- At Home Workouts That Don't Require Equipment
- The Importance of Stretching At Home
- **Simple Workouts You Can Do In Under 30 Minutes (Magazine)**
- What Are Tabata Workouts?
- Why You Should Consider At Home Barre Fitness
- Benefits Of Adding Yoga and Pilates To Your Workout Routine
- The Power of Kettlebell Workouts
- Workouts You Can Do From The Couch

Yoga and Meditation

- How To Reduce Wrist Pain While Doing Yoga
- Yoga Poses That Help With Back Pain

- Turning Meditation Into a Habit
- Beginner Tips for Meditation
- One-Minute Meditation Practice
- How To Use Journaling For Meditation
- Gentle Yoga Stretches To Start With
- Yoga For Insomnia: Moves To Help You Sleep
- Intermediate and Advanced Yoga Inversions
- Creating a Morning Routine With Yoga
- Have a Meditation Nighttime Ritual
- How To Practice Self-Hypnosis With Meditation
- Alternative Ways To Try Meditation
- Finding Your Motivation For A Daily Yoga Practice
- Common Mistakes Made By Yoga Newbies
- How To Use Yoga Blocks
- Benefits of A Yoga Wheel
- Tips For Setting Up Your Home Yoga Space
- Tips For People New To Yoga
- What To Eat Before And After Yoga
- Deep Meditation Practices
- Using Healing Crystals With Meditation
- What Happens To Your Body When You Meditate?
- Listening To Music While Meditating
- How To Meditate To Get Rid Of Bad Energy
- Yoga For Self-Care
- Meditation For Self-Care
- Walking Meditation
- Shower Meditation
- Scenic Meditation
- Daily Life Meditation
- How Fit Yoga Into Your Busy Lifestyle
- **Couples Yoga Routines (Magazine)**
- The Benefits of Breathwork and Bandhas
- Asanas and Its Benefits
- Warm Up Positions
- Standing Postures I
- Standing Postures II
- Backbending Postures I
- Backbending Postures II
- Side Bend Postures
- Twisting Postures
- Closing Postures
- Hatha Yoga Practice
- Ashtanga Yoga Practice
- Iyengar Yoga Practice
- Beginner Yoga Sequences
- Intermediate Yoga Sequences

- Savasana and Final Mediation Practice
- Yoga for Stress Relief
- Yoga for Weight Loss
- Yoga Poses for Specific Needs
- Kundalini Yoga- What Is It?
- Why Practice Kundalini Yoga?
- The 7 Major Chakras and Aura Chakra
- Breathing Techniques
- Chanting
- Popular Kundalini Chants
- What Is a Kriya?
- Common Meditation Poses
- Bandhas & Mudras
- Practicing Them Altogether
- What To Consider When Starting
- How To Start and End Your Kundalini Practice
- Kundalini Yoga Safety
- Kundalini Kriyas for Beginners
- Kriya To Get Energy Moving
- Kriya For Spinal Energy
- Kriya To Set The Naval Center
- Kriya for Inner Vitality and Stamina
- Kriya for Conquering Sleep
- Basic Breath Series
- Meditation for Releasing Stress