Health & Fitness Magazine Archive
Nine Major Consumer Magazines, All in One Place

This premier collection provides backfiles of consumer magazines that have not been readily available in libraries – until now. It offers digital access to the archives of nine leading US and UK publications devoted to health and fitness topics, including key titles such as Prevention, Men’s Health, Women’s Health, and Flex.

Selected for their relevance to research in many major and growing subject areas, the print formats of these magazines have been widely cited in many scholarly publications:

- **Men’s Health, Flex, and Men’s Fitness** support the growth area of men’s/masculinity studies. Each publication offers a rich source of material relating to topics such as:
  - Male body image and ideals – these titles have been used in research approaching this topic from various perspectives (e.g. psychology, gender identity, masculinity, mental health, anthropology/ethnology, sexuality, fitness, and marketing).
  - Sex roles (representation of masculinity in popular culture/media, and family life/relationships).

To talk to the sales department, contact us at 1-800-779-0137 or sales@proquest.com.
• Publications dedicated to the health and well-being of women such as *Prevention*, *Women's Health*, *Women's Health Activist*, and *Zest* support research in women's studies topics (family life, sex roles, sexuality, female body image/ideals, and history of birth control/reproductive rights).

• *Prevention*, a leading American healthy lifestyle magazine founded in 1950, has been frequently cited in childhood/youth studies research (topics include child/adolescent health, child psychology/mental health, and education policy).

• Each of these titles attests to the history of health and public health policy over the decades – major topics covered include regulation of drug/steroid use, approaches to health threats/epidemics, regional health disparities, and media presentation of health issues.

• In addition to supporting many research areas in the humanities and social sciences, these magazines have been referenced in scientific publications covering medicine, biology, nursing, psychiatry, and more.

This collection of health-inspired magazines provides wide-ranging insights into many aspects of 20th/21st-century history, society, and culture, spanning more than five decades.

FEATURES

• Coverage spanning 1950 to 2015 – 60+ years of content

• A large body of content across nine magazines - approximately 350K pages in total

• Article-level indexing with color images and searchable text

• Document-type indexing permitting retrieval of specific content such as advertisements, photographs, and letters.

• Cover to cover full-color digitization to maximize the rich visual content.

PUBLICATIONS

• *Flex* [US] (1983 to 2015)
• *Men's Fitness* [US] (1985 to 2015)
• *Men’s Fitness* [UK] (1999 to 2015)
• *Men’s Health* [US] (1986 to 2015)
• *Prevention* [US] (1950 to 2015)
• *Women’s Health* [US] (2005 to 2015)
• *Women’s Health Activist* [US] (1975 to 2015)
• *Zest* [UK] (1994 to 2014)

*Coverage is by default from issue 1 to 2015 (or publication ceased date), with issues scanned from cover to cover. The rarity of the source material, however, means that there will be some small coverage gaps (issues/pages).

RELATED PRODUCTS

Take your research further with Health & Fitness Magazine Archive, which is highly complementary to the Women's Magazine Archive, Men's Magazine Archive and GQ Archive collections. Build on your women's and men's studies resources with more material on fitness, health, and well-being topics by adding Health & Fitness Magazine Archive to your arsenal today.

Speak to your Sales Specialist for more information about this new collection from ProQuest!

To talk to the sales department, contact us at 1-800-779-0137 or sales@proquest.com.