

EDITORIAL Calendar 2024

JAN
FEB

FIND YOUR BALANCE

Forget all-in resolutions and going to extremes. Lasting change is the result of small habit shifts and realistic routines you can sustain over time. With consistency, you can achieve your most aspirational goals — and more.

MAR
APR

RESILIENCE!

Winter is *almost* behind us, and with the transition to spring, there are signs everywhere of surviving — and thriving — in spite of adversity. As the outside world comes back to life, now's the time to acknowledge the challenges along your path, commit to putting in the work to overcome them, and trust in your ability to take on whatever comes your way.

MAY
JUN

THE FOOD ISSUE

More than sustaining and nourishing, food is one of the most celebrated sources of comfort and connection in the human experience. Dig into this fan-favorite issue for a sampling of the many ways food fuels and inspires us.

JULY
AUG

PEAK POTENTIAL

In honor of the 2024 Summer Olympics in Paris, this issue is all about embracing possibilities and pursuing your peak performance. Step out of your comfort zone, take on a new challenge, and believe in yourself — because you *are* stronger and more capable than you think.

SEPT
OCT

STRONG FOUNDATIONS

As summer gives way to autumn, we fall back to routine and the daily behaviors that form the basis of many healthy-living habits. Sleep, stress management, nutrition, recovery, movement — we'll delve into each of these factors and why they matter to our well-being.

NOV
DEC

REFLECT AND RESET

Rather than trying to cram as much as you can into the next couple of months, consider another approach: slowing down. Here, we'll offer ideas for assessing where you want to devote your attention and energy, plus strategies for honoring your desires and setting clear, compassionate boundaries.

Experience Life