

Experience Life 2026

AD DUE DATES AND ISSUE THEMES

JANUARY/FEBRUARY

“Keep It Simple”

Each new year seems to bring a fresh collection of workout regimens, lifestyle hacks, and food trends that promise — but seldom deliver — lasting results. We explore the surprising ways in which some foundational health and fitness practices can truly improve your overall well-being.

Ad Space Reserved: 10/16/25

Ads Due: 10/23/25

On Newsstands By: 12/16/25

In Homes: 12/22/25 – 12/26/25

JULY/AUGUST

“Dream Big”

Aspiring to accomplish something great can be a life-changing process — even if you fall short of your goal. With tools, guidance, and inspiration, the experts we talk to will help you discover new strengths, overcome unexpected weaknesses, and enhance your personal growth as you reach for the sky.

Ad Space Reserved: 4/16/26

Ads Due: 4/23/26

On Newsstands By: 6/16/26

In Homes: 6/22/26 – 6/25/26

MARCH/APRIL

“The Food Issue”

Dishing up well-researched nutrition advice, inspiring recipes, and helpful kitchen tips, our annual celebration of food features appetizing options for everyone, including burger-loving beginners and cuisine-centric connoisseurs.

Ad Space Reserved: 12/4/25

Ads Due: 12/11/25

On Newsstands By: 2/17/26

In Homes: 2/23/26 – 2/26/26

SEPTEMBER/OCTOBER

“The Longevity Issue”

Our first-ever issue devoted to the myriad aspects of aging will unravel the promises and perils of the growing life-extension industry, offering readers of all ages the information and advice they need to boost their vitality as they grow older.

Ad Space Reserved: 6/18/26

Ads Due: 6/25/26

On Newsstands By: 8/18/26

In Homes: 8/24/26 – 8/27/26

MAY/JUNE

“Follow the Energy”

The transition from spring to summer can feel liberating — and energizing. But knowing how to channel that energy can be vexing. Whether you're primed to run your first 5K or feel ready to finally navigate the local farmers' market, we'll help you make the most of your renewed vigor.

Ad Space Reserved: 2/19/26

Ads Due: 2/26/26

On Newsstands By: 4/21/26

In Homes: 4/20/26 – 4/23/26

NOVEMBER/DECEMBER

“Take Heart”

As the days grow shorter and families and friends gather for the holidays, the time is ripe for personal reflection and collective harmony. We'll explore how to achieve those goals — and how to tap into the courage it often involves — so you can find real joy during the frantic holiday season.

Ad Space Reserved: 8/19/26

Ads Due: 8/26/26

On Newsstands By: 10/20/26

In Homes: 10/19/26 – 10/22/26