

At a glance

FITBOOK is the magazine for fitness and healthy living – inspiring and accessible to everyone. Being fit means staying healthy. FITBOOK provides information from experts, doctors, athletes, scientists, celebrities and influencers. The magazine motivates readers with tips on health, fitness, nutrition and self-improvement. Helpful. Relevant. Fresh. Motivating. Honest.



Digital

Views	5.68 mill. (B4P 2025/II)
Net coverage	1.23 mill. (B4P 2025/II)
Possible Video AIs	7,229 (Adserver 2025-12)

