



Dear Author:

Thank you for considering submitting an article to the American Senior Fitness Association. Our writer's guidelines are as follows:

- We prefer that you submit material electronically to sfa@seniorfitness.net. Or you may mail your submission to Attn: Editor, SFA, P.O. Box 2575, New Smyrna Beach FL 32170. (One copy of your submission is sufficient.)
- No multiple submissions (works simultaneously offered to other publishers) are accepted.
- Normally you will receive an answer within two months of submission as to whether or not your article has been accepted for publication.
- Include a short bio for publication purposes. This should not exceed 2-3 sentences.
- Include a longer bio of verifiable information in order to further establish your qualifications to write on your selected topic.
- After SFA publication, you may reprint your material so long as credit is ascribed to SFA for the initial publication. Always include this credit line: Reprinted by permission of the American Senior Fitness Association (SFA).
- Include sourcing, using the references you have relied upon from your review of the literature; experts you have interviewed or are quoting or paraphrasing; textbooks; trade magazine articles; organizations or associations; or any previously published work from which your content is in part derived. SFA observes very strict standards in regard to plagiarism and/or copyright infringement.
- It is fine to include knowledge gained through your own professional work experiences but that, too, needs to be supported by credible, objective reference material affirming the theory and practice involved.
- Include details, for example: If you recommend a specific exercise or technique, provide how-to instructions for conducting and/or performing it correctly. If you use a technical term, provide its definition. Supply examples as needed to make your article clear and to permit the successful practical application of your ideas.
- Include any other information regarding your topic that you feel would be useful to health-fitness professionals, to older adult individuals themselves, or to their caregivers and loved ones.
- As needed, we edit for space, clarity, factual accuracy, emphasis, necessary qualification, vocabulary, sentence construction, grammar, punctuation, spelling, etc., without materially changing original intent or content.
- While SFA doesn't pay for articles, we find that our authors value writing for a large international audience in a professionally respected publishing venue. SFA is presently, and has been for some time, number one for senior fitness worldwide on Google and other content-based search engines. Also, when authors are senior health-fitness professionals, the facilities that employ them often value having their programs, trainers, and client success stories featured.
- We often publish relatively short, reader-friendly pieces in our Experience! e-newsletter, because its subscribers include both professional and lay readers. We normally post technical articles on our popular website and provide a description of the article in our Experience! newsletter along with a recommended reading link. Articles of varying lengths can eventually wind up making their way into SFA paper publications as well.
- We do not set any length restrictions. We find that we get writers' best work by allowing anything from one page to many pages.
- Of course, including photos with any article always increases readership. Forward to us signed and dated one-sentence statements from those pictured giving SFA permission to publish their images. You may also wish to include a head-shot of yourself.

Thank you so much for your interest in writing for us, and have a great day.

Sincerely,
American Senior Fitness Association