

editorial standards

mission & vision

Our mission is to be the leading media landscape that celebrates health, fitness and lifestyle for the curvy community. We encourage women to love their unique bodies while developing a weight-neutral, health-centered approach to life.

FabUplus Magazine sorts out the facts from distorted societal myths about health, weight, and identity and promotes body acceptance, self-love and aims to build confidence in women of size. Our message is that all women are beautiful, original, not only good enough, but exceptional; not just here, but here for a purpose. We exist to create a community of body acceptance and celebrate our readers' inner curves.

1. FabUplus supports a health at every size perspective.
2. Fitness coverage is focused on joyful movement and never solely for the purpose of weight loss.
3. Weight loss and weight gain is never discussed.
4. Dieting is never discussed; but rather adaptive or mindful eating.
5. There is no moral value assigned to food.
6. FabUplus aims to seek out experts in their fields to educate, inspire and empower.
7. FabUplus aims to share the stories of everyday women conquering their fears and challenging societal stigma against fat bodies.
8. Our subjects choose the words they prefer to describe their bodies. Fat is not a bad word.
9. FabUplus believes all bodies are good bodies but understands that larger bodies face more discrimination.
10. FabUplus is committed to featuring bodies of all shapes and sizes with priority given to bodies seen less often (sizes 18+).
11. FabUplus aims to take an intersectional approach and is committed to sharing a range of perspectives across race, age, gender, sexual orientation, and ability.
12. FabUplus understands that body love is a journey and that everyone is at a different step in their process.
13. FabUplus recognizes that success is subjective and allows our subjects to share their stories without bias or shame.
14. FabUplus prints factual articles. Anything that is found to be nonfactual will receive a printed correction.
15. FabUplus understands that bodies are beautiful in any state; however, we cannot publish any images containing nudity or implied nudity – artistic or otherwise.
16. FabUplus is reader-focused and driven. Feedback will always be accepted and considered.
17. Bodies change all the time and people lose and gain weight all the time. We don't celebrate bodies as before or after but rather as they are on their journey.

editorial guidelines

Please read the following guidelines carefully before submitting to FabUplus Magazine. Incomplete/incorrect submissions will be returned for correction. Thanks!

general

DIGITAL issue articles should be 250-350 words (not to exceed 500 words)

WEB articles should be 300 – 1500 words (not to exceed 1800 words)

Articles should be informative, compelling and (most important) accurate!

Editors will review content and minor changes, but pieces requiring major re-writes will be sent back to the writer.

****NOTE:** *Although we make every effort to fill every issue with amazing content, we cannot guarantee that an article that you submit will be published - we may use it for our social platforms as well. You will be notified if it will not be published so that you can pitch it elsewhere.*

images

As a growing publication, we often rely on writers to submit their own imagery. We are looking for quality print-worthy images that match your voice and the spirit of the magazine! You do not need to create original images for FabUplus but we so appreciate if you choose to.

When submitting photos, please keep in mind:

- ~ Photos must be AT LEAST 1 MB in resolution quality (no cell phone pics or selfies please)
- ~ We prefer to receive photos via a Dropbox or G Drive link if there are more than 3 photos
- ~ If you must send photos in an email, please submit them **as attachments** and not in the body of the email
- ~ If you are submitting photos by more than one photographer, please include their name in the image file name (along with yours)
- ~ FabUplus will select which images we choose to publish so only send photos that you would like to see published

If you are not submitting your own photos, please use **Shutterstock**.

1. Search for images that you think would fit your article. (This gives us an idea of what you are envisioning.)
2. Copy and paste the links into the Submission Form. We have a Shutterstock account and will try to use the ones you choose or something similar.



submission instructions

1. Fill out this form, including the complete textual content of your submission
2. Save this form, using **YOUR NAME as the file name**
3. Email completed form (this and following pages only) to editorial@fabuplusmagazine.com
4. If you are submitting images, place them in a Dropbox or G Drive folder and include the sharing link in your email. If you're not comfortable on Dropbox or G Drive, it's ok to attach them to the email.

Your email

Author name

Title of article

Article topic

Are you submitting original images? yes no

If yes, how many?

How are you submitting the images? email web link (Dropbox or G Drive)

If you have Shutterstock links to images, please paste the links here (separated by ;)

credits

Author credits (website/social handles)

Website

YouTube

Twitter

Pinterest

Facebook

Other

Instagram

Photographer credit(s)

Hair credit(s)

Makeup credit(s)

Styling/clothing credit(s)

Other credits

Author address (for magazine shipping, should your article be selected for **special edition** print)

editorial submission form (page 2)

enter content here