

We distribute *Total Body* magazine to more than 600 highly targeted distribution points in the Houston Metro area. Our 75,000 readers can find the latest in health information in Houston doctors' offices, all major hospitals, gyms, salons/day spas. Don't forget to check out our CORPORATE DISTRIBUTION below. **This is a condensed list.**

### **Citywide**

Bally Total Fitness  
24 Hour Fitness  
Smoothie King  
Ladies Workout Express  
Harris County Public Libraries  
Whole Foods

### **Galleria**

Bally Total Fitness  
Fitness Unlimited  
Fiori Spa  
Glo Sun Spa  
Healthspan  
Houstonian Club  
LaVie Salon & Spa  
Nutrition Depot  
Smoothie King

### **Inside Loop**

Bally Total Fitness  
Bliss Spa Salon  
Bike Barn  
FIT Athletic Club  
Fitness Exchange  
Good Space Pilates Studio  
Houston Sleep Center  
Ladies Workout Express  
Luke's Locker  
Memorial Park  
Smoothie King  
Whole Foods  
Yoga Institute  
Ziggy's Healthy Grill

### **Downtown/Med Center**

Chase Tower  
Hermann Park  
Houston Community Hospital  
Last Concert Cafe  
MD Anderson  
Memorial Hermann  
Midtown Bagel  
Orthopedic Care Center  
Park Plaza Hospital  
Smoothie King

St. Luke's Hospital  
Texas Children's Hospital  
Treebeard's

### **Southwest**

Memorial Hermann Wellness Center  
Bally Total Fitness  
24-Hour Fitness  
Smoothie King  
Ladies Workout Express

### **West**

Bally Total Fitness  
Houston Sleep Center  
24-Hour Fitness  
Smoothie King  
Aerobifit  
Ladies Workout Express  
Memorial Athletic Club  
Memorial Athletic Club for Women

### **Sugarland**

NRG Wellness Center  
Bally Total Fitness  
24-Hour Fitness  
Fluor Daniel  
Smoothie King  
Ladies Workout Express

### **Woodlands**

24-Hour Fitness  
AAA Travel  
Access Rehab & Clinic  
Bally Total Fitness  
Insitute for Health & Wellness  
LA Boxing  
Lady of America  
Lifestyle Fitness  
Memorial Hermann  
Nutrition Depot  
Smoothie King  
The Vitamin Shoppe  
Texas Center for Cosmetic Dentistry  
Woodlands Resort & Conf. Center

### **Outlying Areas**

Lady of America in Missouri City  
Moody Gardens in Galveston  
Space Center Houston  
Ladies Workout Express in Pearland and New Caney  
24-Hour Fitness locations in Woodlands, Humble, Jacinto City, Bear Creek, Katy, Sugarland, Webster, Pasadena, Friendswood.

### **CORPORATE DISTRIBUTION**

AAA Travel – All Houston Locations  
Harris County Libraries – All Houston  
Chevron Companies  
Demontrond  
The Estates at Memorial Heights  
Find it Apartment Locators  
Texas Apartment Locators  
Hewlett Packard  
Houston Professional Firefighters  
Knowledge Development Center  
St. Luke's  
MD Anderson  
Space Center Houston  
Reliant Energy  
Texas Children's  
Texaco Employees Federal Credit Union  
VA Medical Center  
Federal Reserve Bank of Dallas

### **OUTLYING AREAS**

Gulf Coast Educators Credit Union in League City and Pasadena  
Gulf Coast Educators Credit Union  
Associated Credit Union in Pearland and Deer Park  
Harris County Public Libraries in Seabrook, Cypress, Spring, Galena Park, Kingwood and Katy  
Fluor Daniel  
AAA Travel  
City Homes Real Estate Company

**Please ask your account manager for a current distribution list. Our list grows daily!**