

Guidelines for Contributors

The following guidelines are for persons wishing to contribute written, photographic and/or video content ('Work') to Great Health Guide magazine. **These guidelines are to be read in conjunction with the *Submission and Publication Agreement*** (Document ID: A007).

1. By submitting your work you agree to the Submission and Publication Agreement (Document ID: A007). Please carefully read the Submission and Publication Agreement before submitting your work to Great Health Guide.

2. Themes:

Great Health Guide is interested in receiving submissions related to the following topics:

- a. Nutrition
- b. Physical Fitness
- c. Mindset
- d. Relationships
- e. Kidz Matters
- f. Inspiration
- g. Recipes from whole food

3. Tone of Article:

Written work should be presented in a conversational tone. We encourage contributors to present their research in a fresh and creative manner, to be as engaging as possible, and to consider the readability of their work.

4. Take-home Summary

Contributors are encouraged to, where possible, include a summary of the top three take-away points of their work which can assist the readers to make positive change.

5. Authors Bio

We ask that contributors provide a brief 50-80 word summary of their training and qualifications (relevant to the subject matter of their work). This will form the basis of the biographical paragraph located at the end of each article. Contributors may also provide links to their website and email address.

6. Notes on the submission:

a. Information Sources:

Contributors are encouraged to source their data from the most reputable and credible sources possible.

b. Accuracy of Data:

Contributors should ensure the accuracy of the data and information used in their work. Sources for such data and information must be correctly referenced and hyperlinks included

7. Submissions in Digital Format

GreatHealthGuide is owned & operated by **Antalya Developments Pty Ltd atf Mercy Trust** ABN 93 926 237 905

All work must be submitted in digital format (as an attachment) to the following email address: submissions@GreatHealthGuide.com.au. There is no guarantee that any work submitted will be published or returned, furthermore we take no responsibility for loss or damage of any work. Account should be taken of the following:

a. Written work

- i. Written Work should be submitted in Microsoft Word format.
- ii. All articles should be between 500-800 words in length.

b. Digital Recordings

- i. Please send files as link via DropBox.

c. Images

- i. Contributors may submit images with their articles however there is no guarantee that they will be used if your article is published. Ensure that the copyright details are included i.e. photographer's name and contact details.
- ii. Please include a brief description of the photo
- iii. Digital images must be high resolution and should be 300dpi JPEG or tiff with a linear size of at least the size they will appear in the magazine.

8. Encourage Readers Research

All submissions relating to health issues must encourage readers to undertake their own research and consult with professional health advisors to form their own independent views about the topic/s discussed.

9. Disclaimer for Health Professionals

Every exercise and health related article must have one of the following disclaimers within the first paragraph of the article:

- “Again, I emphasise the need to check with your General Medical Practitioner, to determine your suitability before performing these exercises”.
- “Checking with your General Practitioner to determine your suitability before performing these exercises, is very important”.
- “Before you start your training program, it is important to check with your General Medical Practitioner to determine if these exercises are suitable for you”.
- “One of the first steps in any exercise program is to have a General Medical Practitioner check your health and fitness before you commence”.
- “However, it is most important to check with your General Practitioner to determine your health and fitness suitability in performing these exercises”.

10. Copyright Laws:

If comments from other works are included in your article then you must seek written permission from the original author and forward to GHG. Approved articles can only be published once GHG is in receipt of the original author's written permission.

Please note that by submitting your work, you agree to the *Submission and Publication Agreement* (Document ID: A007). Please carefully read the *Submission and Publication Agreement* before submitting your work to Great Health Guide.

Enquiries should be directed to Kathryn Dodd at Kathryn@GreatHealthGuide.com.au