

## Submission Guidelines for Put Old on Hold e-Magazine

The mission of the Put Old on Hold e-Magazine is to help and encourage healthy boomers to discover their potential and be productive in retirement.

In addition to current contributors we are looking for additional contributors to provide **content-rich, solid value** for readers.

### Looking For:

- Motivational "how to" articles with links to additional information.
- Empowering success stories and interviews – mature individuals with non-traditional accomplishments. (Please avoid calling mature, vital women "seniors." They are "mature women.")
- Suggestions for growth-oriented opportunities. No sales pitches, please.
- Solution oriented articles about issues that affect boomers now and help them think and plan ahead, not just financially, but for a non traditional retirement lifestyle.
- Innovative approaches to health, wellness, finance, and appearance.
- When appropriate, articles should provide links for additional information or for supporting documentation.
- Article structure ideas: step-by-step guides, bulleted or numbered lists, checklists, etc.
- Must be tightly written; may be edited and abridged. **Submissions may be rejected without explanation.** Photos, are a must, but not all can be used. Videos are a plus.
- Article length between 600-800 words, submitted as a file in Word .doc format. Please send your article as an email attachment.
- Please do not refer us to your blog to select something you have written.

### When you submit an article include:

- Article title/subtitle
- Author Name
- 100 words or less bio
- Headshot
- Photo of book, product, or other appropriate image
- Link for your business or product
  
- **Deadline/Submission Details:** Send submissions to office1(at)cox(dot)net Subject line: Contributor. **Submission deadline is the 21st of each month.**
- If you have a story idea that you would like to see covered, please submit that as well. Include in subject line: Pitch. We are open to appropriate new ideas.

**Not Looking For:**

- "Grow old gracefully" mindset and lifestyle articles
- Traditional retired or "senior" interests

**Here's the deal:**

- Sorry, no monetary compensation for your contributions, but links to your product, site and/or business are provided. We try to be generous in providing adequate exposure for your publications or business.

Put Old on Hold e-Magazine is owned, edited, and published by Barbara Morris. Contact: office1(at)Cox(dot)net