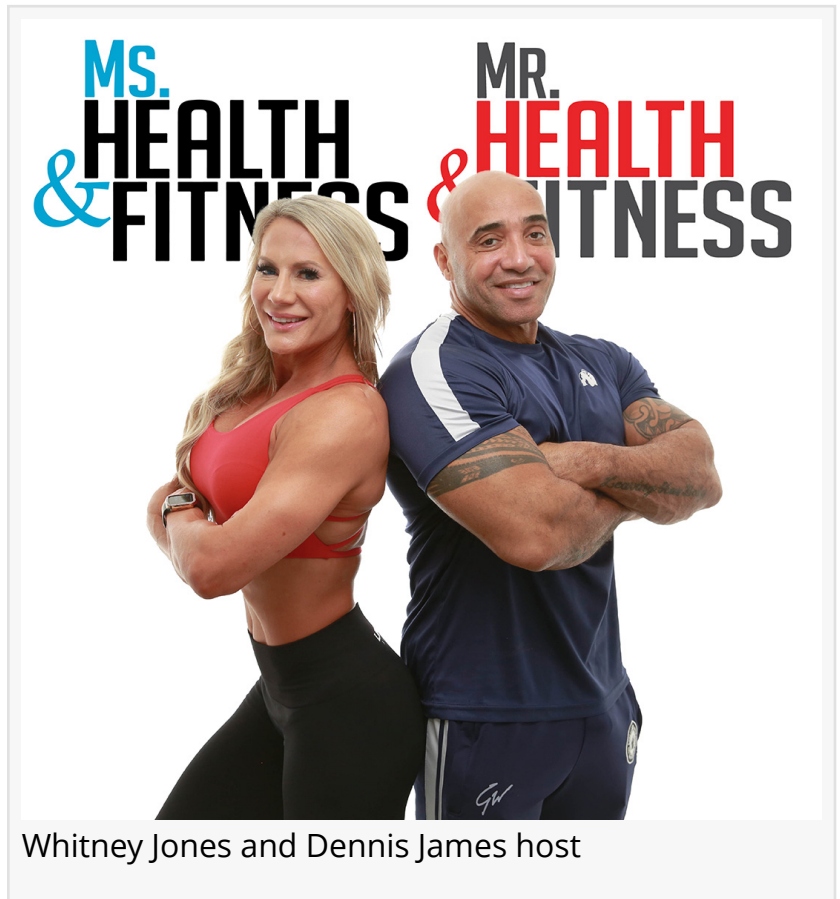


Voting is Open for the Two Largest Online Fitness Competitions

In the Mr. and Ms. Health & Fitness competitions, one man and one woman will each receive \$20,000 and an exclusive magazine feature.

LEWES, DELAWARE, UNITED STATES, May 9, 2024 /EINPresswire.com/ -- Entering its eighth year, Ms. Health and Fitness is searching for one female athlete to take home \$20,000 and star on the cover of Muscle & Fitness HERS Magazine. This year's champion will follow in the footsteps of incredible previous winners, such as Dr. Snehi Kapur, a triple board-certified physician, Elizabeth Cauchois, a Cirque du Soleil soloist, and Antoinette Walder, a veteran and former aircraft mechanic.



Whitney Jones and Dennis James host

The Mr. Health & Fitness Competition, now in its fourth year, offers the best of the best of male athletes a shot at \$20,000 and a two-page feature in Muscle & Fitness Magazine. 2021 Champion Shea Taylor said, "There is nothing you can't do. You can overcome. You have to believe in yourself and take action."

“

There is nothing you can't do. You can overcome. You have to believe in yourself and take action.”

*2021 Mr. Health & Fitness
Shea Taylor*

Both competitions support the [Andrew McDonough Be Positive Foundation](#) in its mission to provide financial assistance to families, fund childhood cancer research, bring awareness, and spread positivity. Ms. Health and Fitness, LLC and Mr. Health and Fitness, LLC will donate a portion of the net proceeds from their respective competitions to further the work done by this incredible organization.

The Mr. and Ms. Health & Fitness competitions are sponsored by notable health & wellness companies:

-WOLFpak backpacks are waterproof, spacious, and structured, with many compartments that make them functional for everyday athletic use.

-Cymbiotika's soy-free, GMO-free, plant-based, holistic products, including everything from vitamins to household care, are all backed by science and made with zero preservatives.

-SaunaBox is the world's most accessible at-home sauna, delivering the full rejuvenating experience of a traditional sauna in a compact and easy-to-use package.

Learn more at mrhealthandfit.com and mshealthandfit.com.

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Ms. Health & Fitness

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