



VINCE Lifestyle Magazine Launches to Empower Adults 40+ with Holistic Wellness and Healthspan Strategies

This digital magazine debut issue features an exclusive interview with Vincent Ferguson about the 1994 Children's Choice Award honoree Michael Jackson.

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“

Transformation doesn't happen in isolation; it happens through collaboration and collective energy. VINCE is a vibrant digital community where adults over 40 can find support and wellness strategies.”

Glenna Gonzalez

for Adults 40+ Lifestyle Magazine has officially debuted its maiden issue, introducing a digital sanctuary and resource hub dedicated to helping adults over 40 reclaim their health, vitality, and longevity. The debut issue features an exclusive interview with U.S. Navy veteran, author, and wellness advocate Vincent Ferguson, founder of Body Sculpt of New York, Inc.

Ferguson reflects on his decades of community impact, including the historic [1994 Children's Choice Awards](#) where over 100,000 youth voted to present Michael Jackson with the "Caring for Kids Award" and what it was like to meet the pop star in person. Ferguson also shares insights from

his [new book](#), "More Life to Your Years: How to Stay Strong, Energized, and Fully Alive as You Age", emphasizing the importance of extending "healthspan"—the period of life spent in good health—over mere lifespan.

Highlights of the Inaugural Issue Include:

Exclusive Feature Story: Behind-the-scenes memories and rare archival footage from the 1994 Children's Choice Awards honoring Michael Jackson, along with Vincent Ferguson's vision for digital community-building.

United Federation of Teachers Highlights BRAVE Campaign: UFT-NY continues its commitment to fostering safe, welcoming school environments for all students through its BRAVE Against Bullying initiative. The initiative provides comprehensive anti-bullying support services directly accessible to students, parents, and school communities. The United Federation of Teachers has

joined us as one of our inaugural Founding Health Partners.

Nonprofit & Business Growth Strategies: Actionable guidance by Glenna Gonzalez on leveraging digital media, strategic partnerships, and AI automation to scale organizational impact.

Expert Contributor Spotlights: Features on transformational life coach Veronica Munoz (Thrive Being You), Kemetic Yoga instructor Carmen Carriker (Crown Soul Yoga), and Reiki practitioner Jessie (Soul Serenity).

Healthy Living & Travel: Quick, nutrient-dense summer recipes and a weekend getaway guide to historic St. Augustine, Florida.

Community Advocacy: Highlights on regional non-profits, including Raleigh's New Beginnings 4U Inc. and the Sister to Sister Alliance Pink Ribbon Gala.



Vince Ferguson- Co-Publisher of VINCE Lifestyle Magazine

In addition to the magazine, readers and wellness enthusiasts are invited to visit the magazine's [companion website](http://www.vincemag.press). Published by Glenna Gonzalez and the magazine's editorial team, this publication combines expert wellness strategies, daily living directories, business growth frameworks, and cultural coverage designed for intentional living over 40. To subscribe to the newsletter digest, or explore advertising and contributor opportunities, visit the companion website at www.vincemag.press.

About VINCE Magazine

VINCE: Six Weeks to Fitness for Adults 40+ Lifestyle Magazine is a digital publication and online community dedicated to modern wellness, healthspan extension, financial wellness, culture, and personal development for adults aged 40 and above. Connected with the Six Weeks to Fitness Podcast, where Vince Ferguson has been awarded a Top Fitness Podcaster by Feedspot, the platform provides actionable health guidance, expert interviews, and resources to support holistic well-being. Co-published by Vincent Ferguson (CEO of Body Sculpt of NY) and Glenna Gonzalez (CEO of JB Tyler Marketing & Consulting), the magazine is quickly becoming a well recognized resource for the Adults 40+Lifestyle.

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