

SHEKNOWS CANADA 2011 Editorial Calendar

Note: All content subject to change

Entertainment

CANADA



JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
SheKnows goes to the shows [Golden Globe Awards edition]: SheKnows Entertainment delivers the red carpet fashions, news, celebrities, awards and photos.	SheKnows goes to the shows [Academy Awards edition]: Get the hottest red carpet fashions, news, celebrities, awards and photos from the SheKnows Entertainment Editors.	Canadian reality shows: East to West SheKnows Entertainment reviews everything reality: Interviews with the casts, the winners and the losers. We've got you covered!	SheKnows goes to the shows [Juno Awards edition]: Get the hottest red carpet fashions, news, celebrities, awards and photos from the SheKnows Entertainment Editors.	SheKnows summer entertainment guide: SheKnows Entertainment Editors have the scoop on summer's hottest films, TV shows and music.	SheKnows goes to the shows [Much Music Awards and MTV Awards edition]: SheKnows goes to the Much Music Awards and the MTV Awards, bringing you the latest red carpet news & photos.	Summer blockbusters: SheKnows shares summer's hottest must-see blockbusters. Our Entertainment Editors share a June film preview, Summer family film guide and more!	SheKnows goes to the shows [Emmy Awards edition]: See the best of the best in red carpet fashions, news, celebrities, awards and photos!	SheKnows fall entertainment guide - films, TV & music: From the Emmys to the Toronto Film Festival, SheKnows reviews the best films and shows of the season.	Canadians in Hollywood: SheKnows talks to Canadians working in Hollywood with exclusive interviews and up-close-and-personal profiles.	Celebrity athletes in Canada: SheKnows talks to the best and "hottest" Canadian winter sports athletes. From hockey to curling... (yes, curling!), we have you covered!	Best of Canadian entertainment 2011: SheKnows Entertainment Editors reflect on the best of 2011 in Canadian film, TV, music, celebrity gossip and our juiciest interviews!

Beauty

CANADA



New Year: Simple and easy ways to look be-you-ti-ful! Simple (and easy!) beauty tips and tricks to help you look your best in short easy steps. PLUS: Get gorgeous nails! Keep your nails looking salon-perfect all year.	Why I love my...: Learn how to dress for your body type, accentuate your hottest features, go back to your natural hair colour and learn to love the way you look.	SheKnows flawless fashion [Spring Style Guide]: We are uncovering the best deals, most refreshing trends and the colours that must be in your wardrobe this season.	All about hair! We're uncovering the best hair tips to help you get the look you want, whether you are looking to enhance your natural locks or change it up. PLUS: Hot, colourful rainbow shades!	Prom night countdown: Get the latest in prom fashions, hairstyles, accessories and other hot 2011 prom trends. PLUS: SheKnows brings you coverage of the Montreal Fashion Week.	SheKnows flawless fashion [Summer Style Guide]: Stay cool with the latest fashion and style trends, accessories, bargains and more from our Style Editors.	Sexy summer skin: Find out how to pamper and protect your skin this summer. SheKnows shows you how to tell those age spots and wrinkles to scram!	Hot, hassel-free hair: SheKnows shows you how to simplify, style and select the best products for your face shape, lifestyle and budget. PLUS: The best hairstyles for your face shape!	SheKnows flawless fashion [Autumn Style Guide]: Fall in love with autumn fashion, romantic colours and trends and find the best deals on accessories.	What's mom wearing in autumn?: The latest in mommy fashion and style on mom-approved budgets. PLUS: SheKnows covers the dos and don'ts of Autumn's latest trends.	Take a dip in the fountain of youth: Look beautiful at any age, with these makeup and style tips by age group, and spotlight on anti-aging. PLUS: "Stay-warm" fashion review!	SheKnows flawless fashion [Winter Style Guide]: SheKnows shares the latest styles and products that will keep you looking your best this season... and all within your budget!

Love

CANADA



Get the love life you want: Indulge in this series of how-to style dating tips, sex tips, relationship and expert advice. ALSO: Find out what the 5 languages of love are and how to be happier in your relationship.	She loves love: Whether it's doing something special with the one you love or taking the time to do something special for YOU, SheKnows shows you how to make the most of this loving season!	Fresh start - overhaul your love life: Learn how to meet The One, put your sex life on steroids, gain confidence and more. PLUS: Find out why you're better off after the divorce.	Marriage makeovers: Find happiness all over again with these marriage tips and simple (and cheap!) ways to show you care.	Summer love guide: Summer lovin' is at its best with these tips on romantic getaways, dating dos and don'ts and more! PLUS: Marriage and Sex! SheKnows uncovers popular sex myths.	Online love: SheKnows shows you how to find love online! PLUS: Suffering from low-libido? SheKnows offers advice and tips to help you get out of the slump.	Hooking up: The rules, the risks and reasons we love it, learn from it, get burned by it and continue to do it.	De-clutter your love life: Learn how to let go of loves lost, get breakup tips, find out how to forgive, forget and move on.	Sexual health - (Even Your Most Embarrassing) questions answered: Get answers to common health questions, find out how to find the right doctor, and know when to seek medical help.	Splendidly single: Become a master of the single life: kissing, flirting, dating, strengthening friendships, pampering yourself.	Making time for each other: Grow closer with communication, special date night ideas, dealing with fights, rekindling the romance and tips on meeting the relatives.	Looking at your love life under a microscope: Are you in the relationship you want? SheKnows helps you reflect on your love life 2010 to help set you (or keep you!) on the love train in 2011.

Parenting

CANADA



Promoting literacy: Prepare kids to read with our at-home reading activities and evaluation of different literacy programs.	Pregnancy in 2011: Our Parenting Experts share pregnancy and fertility tips, must-read advice on baby weight, with a special focus on new moms.	All about baby: Our Parenting Editors offer the best baby food recipes, top baby names, top registry items. PLUS: Is breast really best?	The teen years: Learn how to handle the ups and downs, and find out how to save your sanity while dealing with dating, PMS, grades, parties and beyond!	Indulging mum: Find Mother's Day ideas, gifts, travel tips, recipes, family activities, spa treatments and more for mum. PLUS: SheKnows offers a special series on foster parenting.	Real mum journeys: Realising you're not alone on this journey! SheKnows reviews common frustrations, parental fears, difficult situations, and the joys of motherhood.	Technology and kids: Learn what you need to know about computers and kids, texting, and surprising trends with teens and technology.	New mums: Find a survival guide to the good, the bad & the ugly, plus maternity and baby fashions. PLUS: SheKnows 2011 Parent's Choice Awards launches.	Manners & responsibilities: Learn how to teach your kids manners and responsibility. PLUS: All you need to welcome your baby home. Which items are a must and which one are so-not!	2011 SheKnows Parent's Choice Awards, winners revealed: Readers Choice and Editor's Choice winners are revealed for best parenting products and services!	Parenting techniques: SheKnows investigates the different parenting styles and techniques that modern families use to raise their children.	Mum celebrates 2011: Indulge in family traditions, activities and crafts, holiday recipes and more with those you love most.











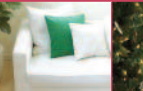

SHEKNOWS CANADA 2011 Editorial Calendar

Note: All content subject to change

Home

CANADA













JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
 Home sweet (Financially Secure) home: Decide whether to rent or buy, establish financial stability, and finally... stop being house poor!	 Get down & dirty: Dive in to our simple DIY home improvement projects and learn how to boost your home's <i>chi</i> to make it more inviting.	 Spring cleaning on a budget: Get the quick, simple, frugal solutions for de-cluttering and organizing your home. PLUS: Find out what to do with the items you plan to purge.	 Kitchens & baths: Get your guide to simple solutions and décor ideas at SheKnows Home with the latest colour trends and more!	 In your own backyard: Get outdoors with our great backyard makeover tips and ideas, outdoor family activities, Victoria Day long weekend ideas and more.	 Outdoor living: Take it outside with poolside fun, outdoor entertaining and summer gardening.	 All about home makeover: Bring your attention to your best asset: Your home! Find out what to renovate and how to maximize the return on your investment. PLUS: Quick weekend makeover ideas.	 Autumn crafts: SheKnows offers a guide to the best Autumn Craft ideas perfect if you're looking for a weekend project or for something to try with the kids.	 Autumn decorating: Bring autumn into your home with the latest in decorating with Autumn colours.	 Countdown to Thanksgiving: Get in the holiday spirit with our tips for Thanksgiving decorating and preparing for hectic family gatherings.	 Small luxuries: SheKnows shows you the little things that can make your house cozier and even more inviting.	 Holiday decorating: Find out how/when to include the kids, plus quick cleaning tips to keep you sane during the holiday madness.

Living

CANADA



 Travel a winter wonderland: Discover your winter wonderland with coverage of Canada's top ski destinations, winter travel deals and winter festivals from coast to coast.	 Discover the can-do you: Learn how to break down barriers, and get the confidence to ask for a raise, start a non-profit, and conquer your goals full-speed ahead.	 Money madness: Learn to manage your money, get some of our best budgeting tips and planning advice, and put our debt busters into action. PLUS: Aging Gracefully: What 30, 40 and 50 look like now!	 It's easy being green: Learn how to raise green kids, green your home one room at a time, encourage green practices in your community and more.	 Hit the road - family vacations: Your guide to the best summer specials, family-friendly hotels and resorts, and find out about Canada's best theme parks for all ages!	 Proper preparations [How-Tos]: Learn how to be prepared for anything: lay-offs, divorce, floods, behavioral issues and rebelling teens.	 The incredible, adventurous you: Get out of your comfort zone with our adventure travel ideas. PLUS: SheKnows offers ways to take risks in your career now!	 Back to school: Get your guide to school shopping, school fashion, easy family dinners and ways to keep your family organized.	 Career moms: Our parenting and career experts share tips for moms re-entering the workforce, working from home and more. PLUS: Innovative ways to balance your schedule and soar in your career.	 Holiday family travel: SheKnows shares some of our best holiday travel tips, whether you're heading out solo or with the whole family in tow.	 Perfectly pampered pets: Indulge your pets with the latest in pet fashions, passions and must-haves.	 SheKnows cares: SheKnows shines the spotlight on our favourite charities during the season of giving.
---	--	---	---	---	--	---	--	--	---	--	---

Food

CANADA



 Establishing healthy habits: Start the year right with healthy eating habits, from choosing healthful foods and brushing up on portion control, to passing on the knowledge to your kids during family meals.	 Home comforts: The greatest comfort food recipes that will make you want to stay in! PLUS: Heart-Healthy Foods: Which foods you should be eating to help keep your heart in tip-to shape!	 Gaga for gadgets: Our Food Editors share the scoop on the latest kitchen gadgets and appliances that will save you time and simplify your cooking experience. PLUS: SheKnows the best at-home pizza recipes!	 Your kitchen goes organic: Get an organic emphasis on food with eco-friendly cooking tips, seasonal local produce tips and recipes, and ideas on how to teach your kids about eating green.	 Kids in the kitchen: Focus on recipes for the whole family and try our tips for cooking with the kids. PLUS: Mother's Day baking recipes especially for the kids!	 Sunday brunches: This month is all about quiches and other brunch favourites! ALSO: Going back to basics: How to regain your kitchen (and your counter space...!)	 Al fresco entertaining: We head outdoors with the best barbecue recipes, seasonal summer produce, and cool desserts. PLUS: Interviews with wine connoisseurs to help you get the best pairing.	 No-cook recipes to beat the heat: SheKnows shares refreshing food safety tips, summer potluck recipes and drinks to rehydrate and nourish the kids. PLUS: Foods and tips for cooking over a campfire.	 Back to school time-saving recipes: Teach the kids to make their own breakfasts and lunches, discover fun recipes. PLUS: It's apple month! Visit your local orchards and try these recipes.	 A feast to remember: SheKnows reveals chefs' tips for unforgettable holiday meals, plus find refreshing twists on traditional Thanksgiving foods.	 Soups, potage & velouté! SheKnows shares incredible recipes to help keep you warm all winter. PLUS: Cooking tips and recipes for Autumn produce and often overlooked seasonal foods.	 Holiday entertaining: Try our holiday recipes, perfect for entertaining, meal-planning ideas and timesavers, get entertaining checklists and advice for the hostess with the mostess!
---	---	--	---	---	--	--	---	---	---	--	---

Health

CANADA



 Health fabulously fit & trim: Are you sabotaging your diet? SheKnows shares new weight loss and fitness plans, diet for 2011 and the secret to simplifying your nutrition plan to stay on track!	 Supplementing your busy lifestyles: Do you really need all those vitamin supplements? SheKnows investigate what your body really needs.	 Busy gal's get-git guide: Save time with our latest morning exercises, find out what foods to avoid, watch popular fitness myths get debunked, and find out how best to bounce back after baby.	 Swimsuit season - Are you ready?: Get sizzling with our summer workouts, shape-up quick tips and some of our very best low calorie recipes. It's not too late to look your best!	 Children health month: SheKnows health experts investigate the nation's top doctors, children's hospitals and give you the info you need to know when your child gets sick.	 Thinking pink - breast cancer awareness: SheKnows presents an inside look at this awful disease, shares personal stories and helps spread awareness about breast cancer.	 Diet disasters: Revisit the diets that work, try our health tips, get back on track and do some taste testing with foods that promote health.	 Are you taking care of Y-O-U?! SheKnows Health focuses on all ages... from getting the rest you need to paying attention to your body and its warning signs.	 Kids, fitness & health: SheKnows shares ways to get the kids involved in their health. We share sneaky ways to burn calories and fun game ideas that also double as exercise!	 Uncovering Canada's healthiest cities: Find out why they're the fittest, how residents stay fit, the latest trends by region and more!	 Putting fitness on your list: Find out what's on our Health Editor's fitness wish list with the latest in fitness gadgets, wear, books and more.	 Beating the bulge: Learn how to stay healthy during the holidays, get the skinny on overeating and find emergency workouts to burn off holiday calories and bust holiday stress!
--	---	---	--	---	---	---	--	---	--	--	--

ALSO: Holidays

JANUARY
New Year's Day

FEBRUARY
Valentine's Day,
Family Day

MARCH
St. Patrick's Day

APRIL
Easter

MAY
Mother's Day,
Victoria Day

JUNE
Father's Day,
St-Jean Baptiste Day

JULY
Canada Day

AUGUST
August long weekend (Civic Holiday)

SEPTEMBER
Labour Day,
National Family Week

OCTOBER
Halloween,
Thanksgiving

NOVEMBER
Remembrance Day

DECEMBER
Christmas,
New Year's Eve,
Boxing Day