# Eve has been published in . . .

***Alberta & B.C. newspapers* (*Weekly Health Colum)***

*The Mile Zero–Banner Post* (1985-2019)
*The High Level Echo* (1988-2019)
*The Mile Zero News* (1988-2018)
*The Northern Pioneer* (1988-2015)
*The Now Newspaper* (Surrey, 2005-2009)
*The Stuart-Nechako Advertiser (*2004-2005)
*The Province* Daily Newspaper (Vancouver; 2002)
*The Stettler Independent*, (2001-2013)
*The Surrey Leader* (1993-1995)
*The Abbotsford News* (1990-1994)
*The Peace Arch News* (1989-2000)
*The Langley Times* (1987-1996)

***Health and fitness articles in local and international publications including***

*Achiever's Magazine*
*BC Pharmacist*
*Business in Vancouver*
*Chronically Canadian*
*IDEA Fitness Journal*
*Urban Fitness*
*Vista Magazine*

**Eve Lees**
***Surrey BC***
***www.artnews-healthnews.com***
***604-531-8643 or E-mail***

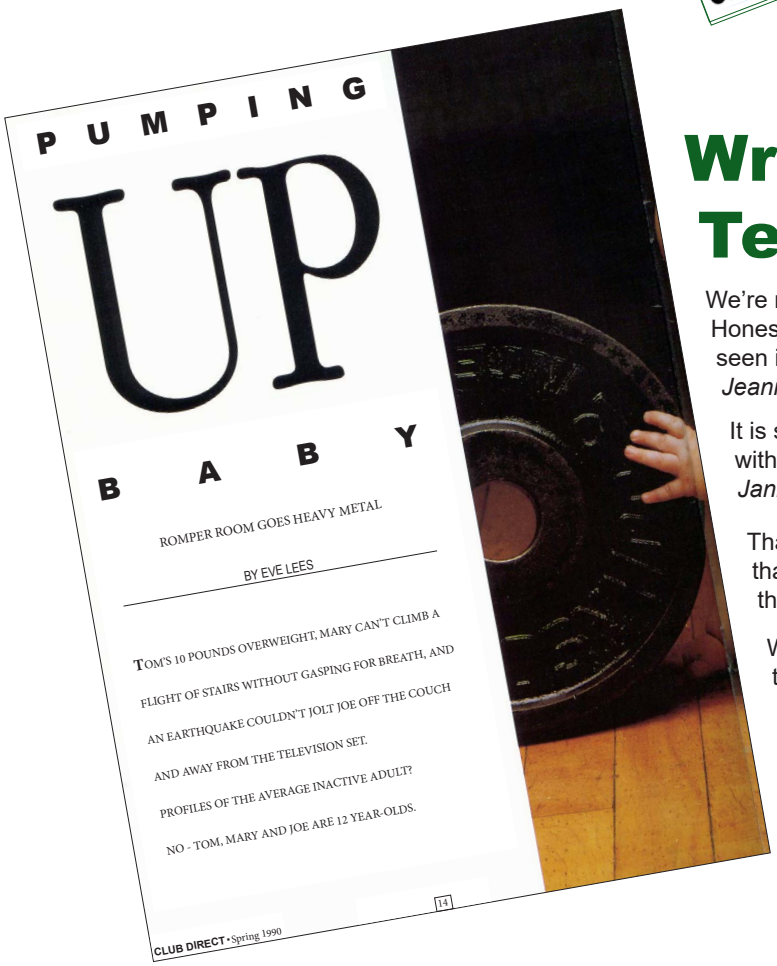
***Eve self-published subscription-based newsletters***

*The Artist's Journal* (1997-2025)
*Personal Health Newsletter* (1995-2014)

***Regular contributor to***

*Senior Living Magazine* (2012-present)
*The White Rock Sun* (2008-present)
*Wellness Matters Newsletter* (1996-2018)
*Sounder Profiles Magazine* (2004-2009)
*Now Newspaper Wellness Issues & Look Magazine* (2005-07)
*Today's Times Magazine* Health columnist (1992-96)
*Vancouver Island Prime Time* (1996-98)
*The Island Woman* (1997)
*Island Senior* (1994-95)
*South Fraser BC Woman* (1995)
*Alive Magazine* (1992-96)
*Club Direct Magazine* (1990-92)
*BC Woman Magazine* Features Writer and Monthly Health Columnist (1989-1999)





PUMPING

UP

BABY

ROMPER ROOM GOES HEAVY METAL

BY EVE LEES

TOM'S 10 POUNDS OVERWEIGHT, MARY CAN'T CLIMB A FLIGHT OF STAIRS WITHOUT GASPING FOR BREATH, AND AN EARTHQUAKE COULDN'T JOLT JOE OFF THE COUCH AND AWAY FROM THE TELEVISION SET.

PROFILES OF THE AVERAGE INACTIVE ADULT?

NO - TOM, MARY AND JOE ARE 12 YEAR-OLDS.

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CLUB DIRECT • Spring 1990

# Writing Testimonials . . .

We're running your *"Refined Carbohydrates are Addictive"* piece. Honestly, Eve, people have been explaining this forever, but I've never seen it more clearly explained – and concisely!
*Jeani Read, The Province Newspaper (2002)*

It is so great not to have to do excessive editing. All I did was work with Jim (in production) on images. Thank you for your great work.
*Janis Foster, Editor, Sounder Profiles Magazine*

Thanks for the story and I wanted to mention I really appreciate that you include your sources at the end – few freelancers ever think to do that! *Carolyn Cooke, Editor, Now Newspaper*

We were totally pleased with your articles. I am looking forward to our second edition in the spring. We want you to be involved.
*John Avdic, Now Newspaper Wellness Guide, Surrey, B.C.*

Thanks so much for always being available when I need something on the fly. You're the best! *Ann Collette, Editor, Waters Magazine and Wellness Matters.*

As always, I appreciate your promptness, your professionalism and your very interesting articles. *Janis Foster, Editor, Sounder Profiles Magazine,*