Dear IFMSA-Jo Members,

The upcoming issue of the IFMSA-Jo magazine will be feature “Eating disorders and Healthy Lifestyle” as the issue Theme. And now our mission is to write about this worldwide major issue and most changeable by awareness and commitment to give the best to our biggest blessing; our bodies. We encourage you all to write whatever you would like to in any form of writing you find yourself in to be published in our upcoming magazine.

Recommended topics are:

- Healthy Lifestyle and longevity: The Impact of health habits on life expectancy
- Eating disorders; is it our new social and health problem? how can we raise the awareness about it?
- What is a healthy lifestyle? Mention the main aspects of our lives that got the large impact on our lifestyles; Body weight, physical activity diets, smoking, etc…
- Stress and LIFE, normal stress in a motivator and help in some cases, but too much of it can cause health problems as sleeping disorders, GI problems, anxiety and mood changes.
- Does our lifestyle make a difference? (Changing minds about changing behaviors)
- The impact of the lifestyles on Medical students academic and social attitude.
- How feeling good about yourself and your body by taking care of your health can improve your self-esteem and self-image.

However, feel free to write about anything else that comes up to your mind that is related to the theme.

Please note that we do accept submissions outside the main theme and will be featured in a special section in the magazine.

We look forward to reading your ideas!

If you are interested in having your article published, then please follow the guidelines below:

- Your article can be in Arabic or English.
- Make sure your facts are backed up from a reliable source, but please don’t plagiarize! (Don’t copy & paste).
- Keep in mind that the magazine will be read by people who are not in the medical field, so try to make it as understandable as possible and not too complicated!
- A well-structured article (in terms of spelling and grammar) is more likely to be accepted.
- Try to include photos with your article! (Please attach them in high resolution and don’t insert them into the document).
- Your article can be 1 page long (450 words maximum) or 2 pages long (950 words maximum)

www.ifmsa-jo.org
• You should send your article in Word format and not PDF.
• The deadline for submitting articles is Saturday, March 7th, 2020.

Email your article along with the following information to: cprsdd@ifmsa-jo.org
1. Name.
2. Email.
3. Phone number.
4. Local Committee (LC), position, and year of study.
5. A high quality picture to be included in the article, it should not be copyrighted.
   *not mandatory.
6. High resolution picture of yourself that will be shown at the top of your article.
7. References (if applicable).

Acceptance Criteria:
Please keep in mind that sending an article doesn’t guarantee that it will be published.
Articles will be chosen based on:

• Topic and its relevance to the theme.
• Organization and structure of the article.
• Information.
• Proficient use of language.

Submission Agreement:
- Your submission will be screened to ensure that it meets minimum inclusion criteria. If it does, it may be reviewed by editors revising content to enhance its relevance, consistency, usability or to conform with IFMSA-Jo Publications standards; you may be contacted by the editors to ensure that your article is consistent with our standards.

- If your submission has more than one author, names of all co-authors will be featured in the magazine. However, only the headshots of the first two authors will be featured in the magazine due to space and layout limitations. Please take that into consideration and list authors in the order you’d like them to be featured in;

- IFMSA-Jo will not be held liable for any breach of copyright laws and the sender will be held responsible. When you submit any text or pictures, we will assume that you are the author and sole owner of the submitted material and that we have permission to use the attached pictures. We will also assume that you are giving IFMSA-Jo’s Publications Support Division permission to use them for the purpose of publication and representation toward external partners.

Taif Haitham Al-Sarayreh
Communications & Public Relations Support Division Director | International Federation of Medical Students' Associations - Jordan (IFMSA-Jo).
Mobile | +962 796820023
Email | cprsdd@ifmsa-jo.org