

# KATE MOODIE NAMED EXECUTIVE STYLE DIRECTOR FOR FITNESS MAGAZINE

NEW YORK (Oct. 26, 2005) - Meredith Corporation (NYSE:MDP) announced today that Kate Moodie has been named Executive Style Director for Fitness magazine, effective immediately.

Moodie joins Fitness from Self magazine, where she had served as Style Director since 2001. Her responsibilities included styling all celebrity covers; conceiving, coordinating, and styling fashion editorials; and managing the fashion department. She also represented Self at the New York and Paris collections. Prior to that, Moodie was Style Director at YM magazine and at Redbook.

Previously, Moodie worked as the Senior Editor/Beauty Style for Glamour magazine. Before that, Moodie helped launch the American edition of Marie Claire by participating in the creation of the magazine's editorial look. Throughout her career, Moodie has worked as a freelance fashion editor/stylist contributing to various women's magazines including Harper's Bazaar; O, the Oprah Magazine; Shop, etc.; British Red and Harper's & Queen. She has also styled many national advertising campaigns for top beauty and fashion companies like Estee Lauder, Revlon and Liz Claiborne. Moodie began her career as the assistant to the Beauty Director at Vogue. Her experience also includes working on the French and American editions of Elle magazine and organizing fashion shows for Halston.

"Kate brings to us vast experience, taste, contacts and respect within the fashion world," said Fitness Editor-in-Chief Emily Listfield. "I am confident that she will be an invaluable asset to Fitness."

"I'm so excited to join Fitness. The magazine's message of the importance of following a well-balanced lifestyle really resonates with women today," said Moodie. "It fits perfectly with my perspective on healthy living, and I'm really looking forward to working as the Executive Style Director of such a purposeful publication."

Moodie, who is fluent in French, attended the Boston Museum School of Fine Arts and the Ecole des Beaux Arts in Aix-en-Provence. Moodie will be based at Meredith's New York offices at 375 Lexington Ave.

About Fitness and Meredith Corp.

Launched in 1992, Fitness magazine is a leading source for all the latest news on health, nutrition and fitness. Dedicated to helping women achieve a healthy mind, body, and spirit, Fitness offers expert advice on exercise, diet, health issues, beauty and fashion. Fitness is published monthly by Meredith Corporation [NYSE: MDP], with a circulation of 1.5 million and an audience of 6.4 million readers. For more information, please visit [www.fitnessmagazine.com](http://www.fitnessmagazine.com).

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