

**GET YOUR BUSINESS MESSAGE DIRECT TO 12,000
LOCAL, AFFLUENT READERS INTERESTED IN
HEALTH, FITNESS & WELLBEING
QUARTERLY ACROSS DORSET...**



**FOUR ISSUES
PER YEAR**

**12,000
LOCAL READERS**

**PICK-UP POINTS
AROUND DORSET**

**4,000+ LOCAL
SUBSCRIBERS**

**ADVERTISE FROM
JUST £150 + VAT**

**HEALTH, FITNESS
& WELLBEING
MARKETPLACE**

DIRECT TO BUSINESSES AND DECISION-MAKERS

Your Body is a high-quality magazine about health, fitness and wellbeing. Published since 2017, Your Body features expert writers, the latest advice and leading-edge content built around a wide-range of related subjects.

From nutrition and diet to exercise and staying active; from physiotherapy and rehabilitation to mental health and practical well-being; from homeopathic treatments and alternative medicine to facial aesthetics and the latest developments in body care.

Aimed at a health-conscious, affluent population who not only want to look after themselves to live longer, happier and healthier lives, but who also want to stay mobile and active for longer, pro-actively keeping the signs of aging at bay.

FREEPHONE 0800 999 1802 - advertising@newsstand.media

your body

HEALTH, FITNESS & WELL-BEING

RATE CARD

ADVERTISING RATES AND TECHNICAL SPECS

Advert Size	Single Issue	2-3 Issues	4 Issues
Inside Front Cover (DPS)	£1200 + VAT	£1100+ VAT	£1000 + VAT
Double Page Spread (DPS)	£1100 + VAT	£1000 + VAT	£900+ VAT
Outside Back Cover	£925 + VAT	£825 + VAT	£725 + VAT
Inside Back Cover	£825 + VAT	£725 + VAT	£625 + VAT
Full Page	£725 + VAT	£625 + VAT	£525 + VAT
Half Page	£625+ VAT	£525 + VAT	£425 + VAT
Quarter Page/Banner Ad	£550 + VAT	£450 + VAT	£350 + VAT

The Directory - Advert Size			
Single Ad	£350 + VAT	£250 + VAT	£150 + VAT
Double Ad	£450+ VAT	£350 + VAT	£250 + VAT
Feature Ad	£550 + VAT	£450+ VAT	£350 + VAT

**FULL PAGE
(With Bleed)**

212 X 260
+ 3mm Bleed

**FULL PAGE
(No Bleed)**

190 X 236

**HALF PAGE
190 X 120
No Bleed**

**QUARTER
PAGE
90 X 118**

**Footer Box
45x30**

**BANNER AD
190 X 40**

DOUBLE PAGE SPREAD

400 x 238 - No Bleed
424 x 260 + 3mm Bleed

DIRECTORY

90 x 58

90 x 118

90 x 178

NEED AN AD DESIGN?

Create an advert from £280 + VAT

RE-SIZE AN AD

Re-size artwork from £120 + VAT

For more information email:

advertising@newsstand.media

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