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

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 heath and practical well-being; from homeopathic treatments and alternative medicine to facial aesthetics and the latest developments in body care.

Aimed at a heath-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.



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
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The Directory - Advert Size			
Single Ad	£350 + VAT	£250 + VAT	£150 + VAT
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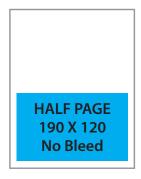
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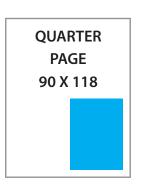
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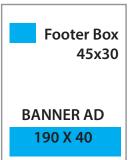
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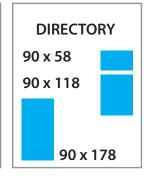
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