HAMLETHUB GET RESULTS Locally • Timely • Digitally

Brewster, Carmel, Somers, Yorktown, NY and New Fairfield, CT

Advertorials

HUB BREWSTER'S HAMLETHUB

Strengthening Exercises to Reduce Chance of Injury

One of the best ways to wake up is by giving you the marining, and if you can get on your feet and it. all the better. Deep stratches are an excellent and invigance your body and mind. Not any do also be performed as strengthening exercises an repetitive stress injunis. Repetitive stress injunis.

Repetitive stress injures come in many ditreent forms. A soccer player may contend with fendionits in the twee from relentings, kicking the bola cross the field. A pinitor may feel the pain of bursts in the shoulders from mapping factors and hyping may cause a perior discontrol in the hands and arms in in the lower back from being sedentary for extended periods of time.

positive a induction in stiffness from under-under mucies, and an increased flow of blood and arograph to the brain. Perhops are of the best ways to counter the effects of repetitive activities is through the practice of tal civi. This type of exercise is flowing, infyritric and mediative. The pace is usually slow to maderate. Some may even say those practicing look like they are ergaped in a well-toneographical dow-mation dance. In Chrola today, many papels, amount will not ther galaxies uppers, can be laux dower parts practicing of in the local practs. Often and



REACH THE MOST ACTIVE AND INFLUENTIAL CITIZENS IN TOWN.

HOW WE REACH YOUR TARGET AUDIENCE

Advertorials

Articles about your business and how you serve the community

- Published on our local HamletHubs
- Shared on our HamletHub social media outlets
- Sent out in our HamletHub nightly newsletters
- Searchable on HamletHub websites, search engines, & Google News
- Retained on our HamletHub sites permanently

Click Thru Ads

Rates

Prominently display your ad on a local HamletHub, and have that ad linked back to your website.

- Advertise your product to influential community members
- Increase traffic to your website
- Show your brand to our passionate community readers

WE USE A PERSONALIZED MARKETING STRATEGY THAT INCORPORATES:

- Hyper-local websites
- Nightly newsletters
- Social media outlets
- Community calendar



HAMLETHUB'S REACH:

- Targeted locally, accessible globally
- Covering 5 towns in our region
- Over 70% of our readership is female
- Over 95% of our readership is located within a 20 mile radius of our towns
- Readership increases daily
- Stricly online publication

Master It Media

EXPIRES DECEMBER 31, 2020			
Monthly Plans	Bronze	Silver	Gold
Articles* per month	1	2	4
One-Month Click Thru Ad	\checkmark	\checkmark	\checkmark

RATES

*Includes Advertorial, Newsletter, and Social Media Post

\$250

\$350

\$550

WWW.MASTERITMEDIA.COM/HAMLETHUB