



FITTER • HAPPIER • HEALTHIER

Fit Life



R25.50
COVER PRICE

2018

CONTENT: Fit Life is a monthly magazine aimed at women and men who have a keen interest in living a fit and healthy lifestyle. The magazine will transform readers into at-home athletes by acting as a personal trainer, nutritionist and life coach all in one. Expect new health-conscious recipes, mindful tips on staying active, inspirational stories from local fitness personalities, guidelines to losing weight and beauty advice on taking care of your body in the best possible way – on a monthly basis!

DISTRIBUTION: Monthly; twelve issues a year to subscribers on a name-and-address basis.

DELIVERY: Mailed to subscribers on a name-and-address basis

PRINT CIRCULATION
24 500 COPIES PER MONTH

SOCIAL MEDIA
OVER 17 000 FACEBOOK FOLLOWERS

ADVERT SPECIFICATIONS

Full-page spread

BLEED

5 mm all around (NB)

TRIM

275 mm (H) 210 mm (W)

TYPE

255 mm (H) 400 mm (W)

Double-page spread

BLEED

5 mm all around (NB)

TRIM

275 mm (H) 420 mm (W)

TYPE

255 mm (H) 400 mm (W)

ADVERTISING RATES

Full colour

Full page _____	R15 950
Half page _____	R9 950
Advertorial _____	R16 950
Inside back cover _____	R17 950
Inside front cover _____	R19 950
Outside back cover _____	R21 950
Double-page spread _____	R25 950

Advertorial rates include production costs. All rates are excluding VAT. Advertisement rates applicable January 2017 to January 2018. Discounts will be given for series bookings and a cancellation charge of 50% will apply if cancellation occurs two weeks prior to material deadline.

Full technical specifications will be provided by the HM Ad Traffic Department



ADVERTISING SALES ENQUIRIES

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