

Health and Wellbeing checklist



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(THIS IS NOT A SUPPLEMENT, IT IS FEATURED INSIDE THE NEWSPAPER AND IS INCLUDED IN ALL NATIONWIDE PRINTED EDITIONS)

Health & Wellbeing Checklist is a full-colour, tabloid sized double-page spread of advertorial content published in the Weekend section of *The Saturday Times*. *The Times* boasts a mature readership, with 73% of its readers over the age of 35. **Health & Wellbeing Checklist** will therefore serve as the essential guide to help these health-conscious readers make positive changes in order to lead a healthier lifestyle.

It will showcase a selection of high-quality products and services, ranging from specialist clinics, beauty and cosmetic treatments, alternative therapy, diet and fitness advice and homecare and mobility options.

Published in the Saturday edition of *The Times*, **Health & Wellbeing Checklist** is the perfect shop window for brands and organisations to benefit from a mature readership with more time to spend reading their newspaper, and a greater disposable income to spend on health and wellness amenities.

PARTICULARLY CONSIDERING

- Readers of *The Times* are 25% more likely to mention ads when they talk about brands
- 64% of readers are AB social group
- 74% of *The Times* readers are over the age of 65
- *The Times* is read for an average of 76 minutes on a Saturday
- 63,000 *Times* readers are eating more healthy food than they have ever done in the past

Health and Wellbeing checklist

Your body is precious and it pays to look after yourself. Here are a variety of ideas to be - and stay - healthy

Strengthen your pelvic floor - using digital technology!

KEGEL 8

KEGEL 8 is a revolutionary new digital technology that allows you to strengthen your pelvic floor muscles from the comfort of your home. It's a simple, effective and pain-free way to improve your core strength and overall health.

Guaranteed relief for extremely dry, cracked skin

108 HARLEY STREET

108 Harley Street is a leading clinic for skin treatments. They offer a range of services including laser treatments, chemical peels, and microdermabrasion. They also have a dedicated section for extremely dry, cracked skin, offering a variety of products and treatments to help you achieve the smooth, healthy skin you deserve.

Early detection and annual breast check-ups help diagnose breast cancer early!

ADAMUSPAIN

ADAMUSPAIN is a leading provider of breast health services. They offer a range of services including breast exams, mammograms, and breast ultrasound. They also have a dedicated section for early detection and annual breast check-ups, offering a variety of products and treatments to help you achieve the best possible outcome.

Knee pain sufferers unite in new group

FOA KNEE PAIN

FOA KNEE PAIN is a new group for people who suffer from knee pain. They offer a range of services including physiotherapy, massage, and acupuncture. They also have a dedicated section for knee pain sufferers, offering a variety of products and treatments to help you achieve the best possible outcome.

The Slender way to help you lose weight

ADAMUSPAIN

ADAMUSPAIN is a leading provider of weight loss services. They offer a range of services including diet and nutrition advice, exercise programs, and weight loss treatments. They also have a dedicated section for the slender way to help you lose weight, offering a variety of products and treatments to help you achieve the best possible outcome.

Natural, ethical products for the body

FAITH IN NATURE

FAITH IN NATURE is a leading provider of natural, ethical products for the body. They offer a range of products including skincare, haircare, and bodycare. They also have a dedicated section for natural, ethical products for the body, offering a variety of products to help you achieve the best possible outcome.

Vegan - and without compromise on taste

FAITH IN NATURE

FAITH IN NATURE is a leading provider of vegan products. They offer a range of products including food, drink, and lifestyle products. They also have a dedicated section for vegan products, offering a variety of products to help you achieve the best possible outcome.

High-quality contact lenses at affordable prices delivered straight to your door

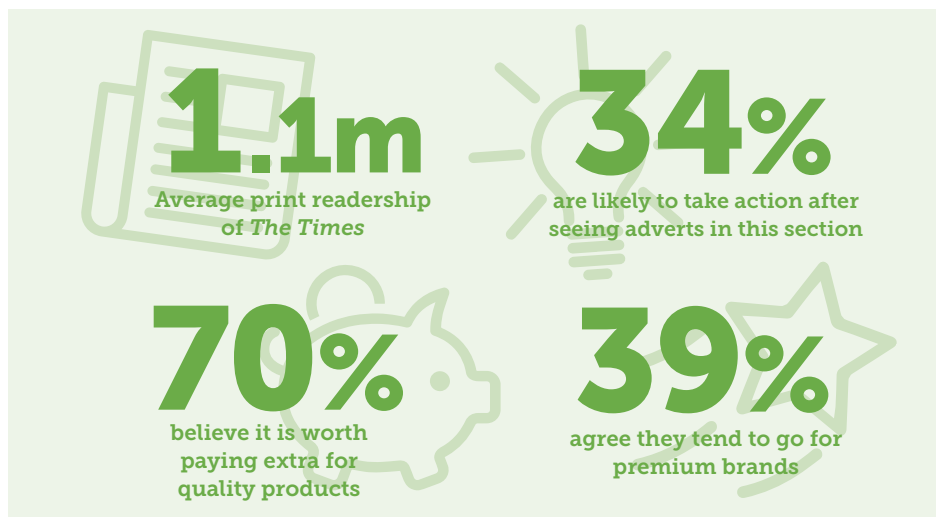
VISIONDIRECT

VISIONDIRECT is a leading provider of high-quality contact lenses at affordable prices. They offer a range of services including contact lens exams, contact lens fittings, and contact lens deliveries. They also have a dedicated section for high-quality contact lenses at affordable prices, offering a variety of products to help you achieve the best possible outcome.

If you find your willpower to be lacking, why not give science a go?

GO FIGURE

GO FIGURE is a leading provider of willpower products. They offer a range of products including willpower training, willpower coaching, and willpower supplements. They also have a dedicated section for willpower products, offering a variety of products to help you achieve the best possible outcome.



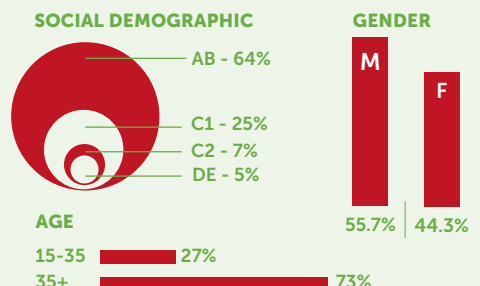
RATE CARD

Third page	£6,000
Quarter page	£4,500
Sixth page	£3,250
Competition Partnership (Advertorial or Advert)	P.O.A.

DISTRIBUTION

- 405,558 copies of *The Times* published per issue (ABC, Mar '19)
- 1,161,000 average print readership (PAMCo, Mar '19)
- Distributed UK wide

DEMOGRAPHICS



1/4 , 1/8 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



1/3 , 1/6 FEATURE REQUIREMENTS

LAYOUT BELOW FOR ILLUSTRATION PURPOSES ONLY. EXACT LAYOUT SUBJECT TO CHANGE.



QUARTER PAGE

Landscape: 268 x 66.25 mm
Portrait: 132 x 136.6 mm

Headline	Written in-house	Headline	Written in-house
Main body copy	200-250 words	Main body copy	70-100 words
Contact	Website, phone number	Contact	Website, phone number
Images	1-2 high resolution images*	Images	1 high resolution image*

EIGHTH PAGE

Landscape: 132 x 66.25 mm
Portrait: 64 x 136.6 mm

THIRD PAGE

Landscape: 268 x 89.7 mm
Portrait: 183.6 x 132 mm

Headline	Written in-house	Headline	Written in-house
Main body copy	200-300 words	Main body copy	120-150 words
Contact	Website, phone number	Contact	Website, phone number
Images	1-3 high resolution images*	Images	1 high resolution image*

SIXTH PAGE

Landscape: 132 x 89.7 mm
Portrait: 183.6 x 64 mm

COMPETITION: 268 x 41.35 mm

Headline	Written in-house	Main body copy	50-70 words	Contact	Website, phone number	Images	1-3 high resolution images*
Prize	Prize and value						

SUPPLYING CONTENT

IMAGE SPECIFICATIONS*

- CMYK images in JPEG, TIFF or PSD format
- All images are high resolution (at least 300dpi)
- Image ink density limit 240%
- Please supply images at their original size and aspect ratio. We will crop images to an appropriate size when laying out your advertorial.
- Please do not supply images with any copy i.e. slogans on top
- We recommend supplying lifestyle images depicting your target audience, service or general message; or product shots.

We cannot guarantee the quality of the final print for images supplied outside of these specifications.

COPY SPECIFICATIONS

- All copy content provided in word processor file (avoid supplying in PDF format)
- Hurst Media Company reserve the right to make changes or to make grammatical changes and corrections to ensure it meets house style

* Image use subject to editorial discretion and may vary depending quality, size and layout.
† Excludes image(s) cost; image searches £40 per hour; and copy writing £40 per hour.

FILE TRANSFER

Files less than 8mb can be emailed to production@hurstmediacompany.co.uk. For larger files please send to production@hurstmediacompany.co.uk via wettransfer.com. Please clarify in your message your company name, publication and on sale date as per your booking.

DESIGN PROCESS

- Once all material is submitted according to specification, **Hurst Media Company will layout your advertorial** within the house style of the publication
- Layouts may vary depending on images and/or text supplied

APPROVALS & AMENDMENTS

- Hurst Media Company will provide a PDF for client approval
- The client will have the option of two rounds of amendments before final approval is required
- The final third PDF is for fact checking/approval/records only, as such please ensure any amendments are clear and concise
- Approval is required within 48 hours

Bespoke advertorials (in which Hurst Media Company supplies the copy ONLY, and all images/logos are provided by the client) will be charged at a further 10%, or a one-off fee of £150, whichever is greater.

CONTACT DETAILS

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