

NEW YEAR'S RESOLUTIONS



Published with **Sunday Mirror** Sunday 6th January 2019

New Year's Resolutions is a full-colour, tabloid sized double page spread of advertorial content published in the *Sunday Mirror*.

With more than one in five Brits having made a New Year's Resolution in 2017, which included losing weight and saving money, *New Year's Resolutions*, published with the *Sunday Mirror*, will be brimming with tips and inspiration to help readers make positive changes in 2019.

It will showcase a high-quality selection of products and services for a new year and a new you, ranging from health, fitness and nutrition options, beauty and aesthetics solutions and specialist clinics, to financial and legal services, fashion and footwear, food and drink, technology and travel.

Published on the first Sunday of 2019, when readers will be making changes to their lifestyle, *New Year's Resolutions* is the perfect shop window for brands and organisations to benefit from a highly-engaged, well-informed, proactive audience, who are eager to achieve new goals in 2019.

Particularly Considering

- 1.1 million readers are main shoppers
- 68% are loyal and read 3 out of 4 issues
- The *Sunday Mirror* boasts a mature readership with an average age of 54
- The majority of readers are parents with 389,000 having kids under 18
- 69% of *Sunday Mirror* readers are ABC1C2

ADVERTISEMENT

NEW YEAR'S RESOLUTIONS

Make the rest of your year the best of your year with these health, beauty, fitness, food and drink, technology and travel inspirations

Take a well-deserved break at this wellness clinic

At M&S, we know you deserve a well-deserved break. That's why we've created a wellness clinic where you can relax, recharge and rejuvenate. Our experts will help you create a personalised wellness plan, so you can feel your best in 2019.

Swap unhealthy snacks for delicious smoothies

It's time to ditch the sugary snacks and replace them with delicious, healthy smoothies. Our experts will help you create a personalised smoothie plan, so you can feel your best in 2019.

Healthy diet plans to help you shed that Christmas weight

At M&S, we know you want to shed that Christmas weight. That's why we've created a healthy diet plan that will help you lose weight in 2019.

New year, new you! The woolly coat that turns heads

At M&S, we know you want to turn heads in 2019. That's why we've created a woolly coat that will help you stand out from the crowd.

Give your skin a detox with this all-natural facial range

At M&S, we know you want to give your skin a detox. That's why we've created an all-natural facial range that will help you feel your best in 2019.

Turning your life around? This app could help

At M&S, we know you want to turn your life around. That's why we've created an app that will help you achieve your goals in 2019.

Kick off your year with these deluxe trainers

At M&S, we know you want to kick off your year with style. That's why we've created a range of deluxe trainers that will help you stand out from the crowd.

Treat yourself to a spa weekend with a twist

At M&S, we know you want to treat yourself to a spa weekend. That's why we've created a spa weekend package that will help you relax and recharge in 2019.

Non-invasive surgery to help you feel your best

At M&S, we know you want to feel your best in 2019. That's why we've created a non-invasive surgery package that will help you achieve your goals.

We're teamed up with Mindful Chef to offer one lucky reader the chance to win a month of free healthy recipe boxes

At M&S, we know you want to eat healthy in 2019. That's why we've teamed up with Mindful Chef to offer one lucky reader a month of free healthy recipe boxes.



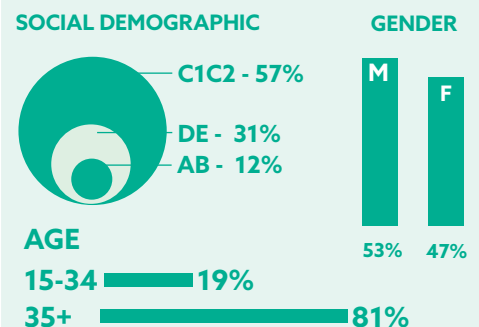
RATE CARD

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

DISTRIBUTION

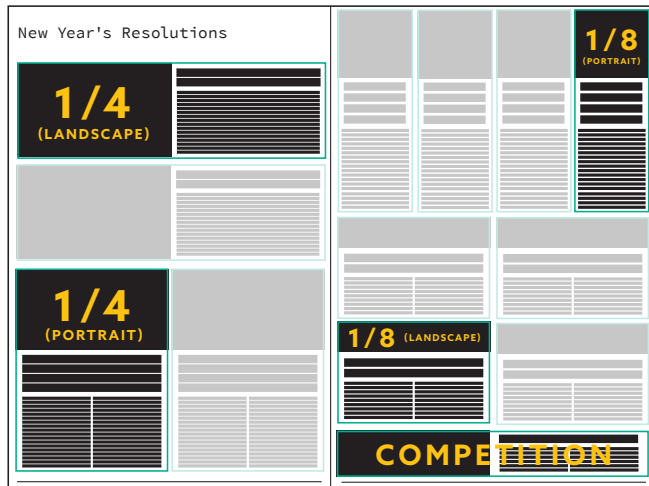
- Sunday Mirror has a circulation of 489,000
- 1.485,000 average issue Sunday readership
- Distributed UK wide

DEMOGRAPHICS



1/4 , 1/8 FEATURE REQUIREMENTS

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



QUARTER PAGE

Landscape - 269x66mm
Portrait - 133x136mm

EIGHTH PAGE

Landscape - 133x66mm
Portrait - 64x136mm

Headline	Written in house	Headline	Written in house
Main body copy	160 - 250 words supplied in a word document	Main body copy	60 - 90 words supplied in a word document
Contact	Website, Phone number	Contact	Website, Phone number
Images	1 - 2 high resolution images*	Images	1 high resolution image*

SUPPLYING CONTENT

NAMING FILES

Content should be supplied clearly labelled using the correct naming convention. Publication name, month of insertion, year and name of advertiser. eg. SM_NYR0119_YOURCLIENTNAME.pdf

IMAGE SPECIFICATIONS*

- All images are high resolution (at least 300dpi) & CMYK colour.
- CMYK JPEGs
- We can not use images from a client website as these are too low resolution to print

We cannot guarantee the quality of the final print for images supplied outside of these specifications. Colours variations will occur if your files do not utilise the colour profile and respect the ink density limit outlined above.

COPY SPECIFICATIONS

- All copy content provided in word processor file
- Avoid supplying in PDF format.

FILE TRANSFER

Files less than 8Mb can be emailed directly to:
jennifer@hurstmediacompany.co.uk

For larger files please call the Production Department on:
+44 (0) 20 478 6016

CONTACT DETAILS

Hurst Media Company
United House
N7 9DP
Tel: 020 3478 6017
hurstmediacompany.co.uk
Company number: 08357910
VAT number: 161866882

MEDIA SALES

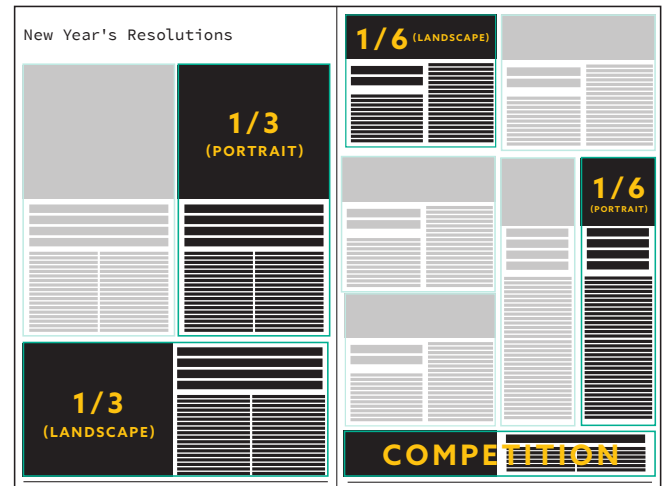
Tel: 0203 478 6017
Fax: 0203 478 6018
sales@hurstmediacompany.com

PRODUCTION DEPT.

Tel: 0203 478 6016
jennifer@hurstmediacompany.co.uk

1/3 , 1/6 FEATURE REQUIREMENTS

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



THIRD PAGE

Landscape - 269x89mm
Portrait - 133x182mm

SIXTH PAGE

Landscape - 133x90mm
Portrait - 64x182mm

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

COMPETITION 263x42mm

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

SUPPLYING CONTENT

DESIGN PROCESS

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

Hurst Media Company reserve the right to make changes or to make grammatical changes and corrections to ensure it meets house style.

APPROVALS & AMENDMENTS

- Hurst Media Company will provide a PDF for client approval.
- The client will have the option of two sets of amendments before final approval.
- 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 provided by the client) will be charged at a further 10%, or a one-off fee of £150, whichever is greater.

Please note that all bookings are made subject to our terms and conditions of advertising, which are available by [clicking here](#).

* Image use subject to editorial discretion and may vary depending quality, size and layout.
Full pages: 2-5 used; half pages and smaller, may use just one image.

† Excludes image(s) cost; image searches £40 per hour; and copy writing £40 per hour

