Health and Wellbeing checklist 2







🚺 SATURDAY 11 JANUARY 2020

(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 Sun* newspaper.

The Sun is Britain's No.1 selling newspaper in the UK, selling 18 copies a second. As a brand, it reaches over 33 million adults each month. The Sun's readers know that the best things in life aren't free. They are always interested in getting good value – and increasingly so when it comes to their health and wellbeing.

This is their essential guide to help them make positive changes in order to lead a healthier lifestyle. It showcases a selection of high-quality products and services, including specialist food supplements, alternative therapies, and diet and fitness advice to help them get in shape for summer.

Published in the Saturday edition of *The Sun*, the Health & Wellbeing Checklist is the perfect shop window for brands and organisations to benefit from the biggest newspaper readership in the UK, interested in improving their health and wellbeing.

PARTICULARLY CONSIDERING

- The Sun readers are over 50% more likely to purchase something as a result of seeing an advert in the newspaper.
- Research has shown that £1 in every £7 spent on groceries is spent by a Sun reader
- Sun readers spent over £5bn on 12.5 million holidays and short breaks in the last year



3.2m Saturday print readership of *The Sun*

36%

of regular *Sun* readers say they take action after seeing adverts

More under 355

read *The Sun* than the three main leading competitors combined

404k

of Sun readers have a family income over £50k

RATE CARD

Third page **£12,000**

Sixth page £6,500

Eighth page £5,000

POA

Competition Partnership

Quarter page

£9,000

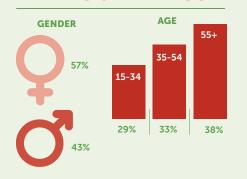
1,513,000 Saturday print circulation

DISTRIBUTION

• 3,243,000 Saturday print readership

• Distributed UK wide

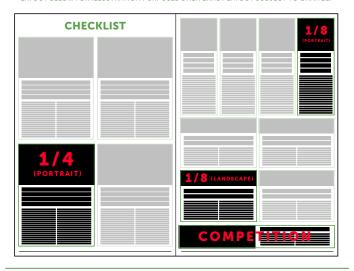
DEMOGRAPHICS



*Facts and figures from NewsUK, Newsworks, or ABC

1/4, 1/8 FEATURE REQUIREMENTS

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



QUARTER PAGE

Portrait: 132 x 136.6 mm

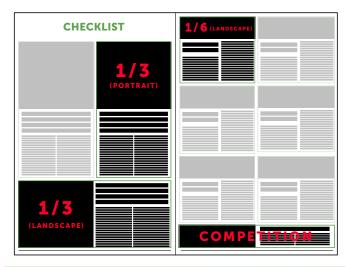
Portrait: 64 x 136.6 mm Headline Written in-house Headline Written in-house 200-250 words 70-100 words Main body Main body сору сору Contact Website, phone number Contact Website, phone number 1-2 images + logo Images Images 1 image + logo

EIGHTH PAGE

Landscape: 132 x 66.25 mm

1/3, 1/6 FEATURE REQUIREMENTS

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



THIRD PAGE

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

Headline Headline Written in-house Written in-house 200-300 words 120-150 words Main body Main body сору сору Website, phone number Website, phone number Contact Contact Images 2-3 images + logo Images 1 image + logo

COMPETITION: 268 x 42.5 mm

Headline Written in-house Main body copy 50-70 words

Prize Prize and value

Website, phone number

Images

SIXTH PAGE

Landscape: 132 x 89.7 mm

2 images + logo

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.

FILE TRANSFER

Contact

Files less than 8mb (total attachment limit) can be emailed to **production@hurstmediacompany.co.uk**. Larger files can be sent to production@hurstmediacompany.co.uk via wetransfer.com. Please clarify in your message your company name, publication, theme 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. * 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.

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.co.uk

PRODUCTION DEPT.

Tel: 0203 478 6016 production@hurstmediacompanv.co.uk

