

Health and Wellbeing *checklist*



PUBLISHED WITH SUNDAY EXPRESS ON SUNDAYS

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

The **Health & Wellbeing Checklist** is a full-colour, tabloid sized double-page spread of advertorial content published in the *Sunday Express*.

The *Sunday Express* readers are health-conscious, with 58% eating more healthy food than they have in the past. The **Health & Wellbeing Checklist** serves as the essential guide to help them make positive changes in order to lead a healthier, happier lifestyle.

It showcases a high-quality selection of products and services, ranging from over-the-counter remedies, specialist clinics, beauty and cosmetic treatments, alternative therapy, diet and fitness solutions and homeware and mobility options.

Published in the *Sunday Express*, the **Health & Wellbeing Checklist** is the perfect shop window for brands and organisations to benefit from a large, mature readership who are concerned about their own and loved one's health and wellbeing and are open to explore new ways in improving their lifestyle.

PARTICULARLY CONSIDERING

- 80% of *Sunday Express* readers agree 'to stay healthy it is important to exercise regularly'
- 444,000 readers of the *Sunday Express* are aged over 55
- 1 in 3 *Sunday Express* readers visit a leisure centre, gym or health club
- 58% of *Sunday Express* readers are eating more healthy food than they have in the past

Health and Wellbeing checklist

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Love, safe sex and expectations

Love, safe sex and expectations. Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Treat your swallowing and reflux problems

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Looking to build your own home gym?

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

The Slender way to reduce cravings and help you lose weight

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

When blisters strike, carry on with Compeed

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

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

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Why protein should be top of your priority list

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

The right way to take CBD

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Knee pain sufferers unite with Neo G

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

Making iron better...

Visit [www.healthandwellbeingchecklist.co.uk](#) for more information.

449k
Average print readership
of the *Sunday Express*

82%
of readers are
ABC1C2

66
minutes is the average time spent
reading the *Sunday Express*

77%
of readers are
55 and over

DEMOGRAPHICS

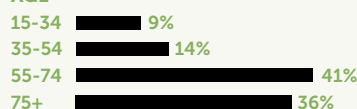
SOCIAL DEMOGRAPHIC



GENDER



AGE



DISTRIBUTION

- The *Sunday Express* has a circulation of 214,045
- 449,495 is the average readership
- Distributed UK wide

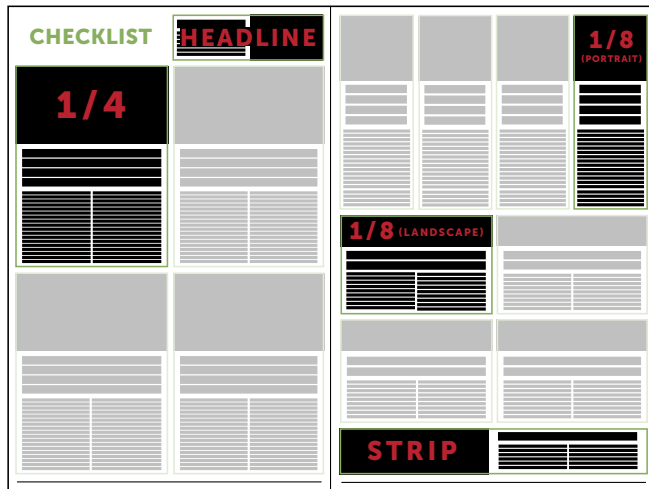
RATE CARD

Third page	£6,000
Quarter page	£4,500
Sixth page	£3,250
Competition upgrade	£1,000

[CLICK HERE TO SEE THE COMPETITION MEDIA PACK](#)

1/4 , 1/8 FEATURE REQUIREMENTS

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



QUARTER PAGE

Portrait: 131.5 x 137.7 mm

Total word count 200-250 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2 images + logo

EIGHTH PAGE

Landscape: 131.5 x 67 mm
Portrait: 63.9 x 137.7 mm

Total word count 70-100 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1 image + logo

STRIP Landscape: 267 x 42.5 mm

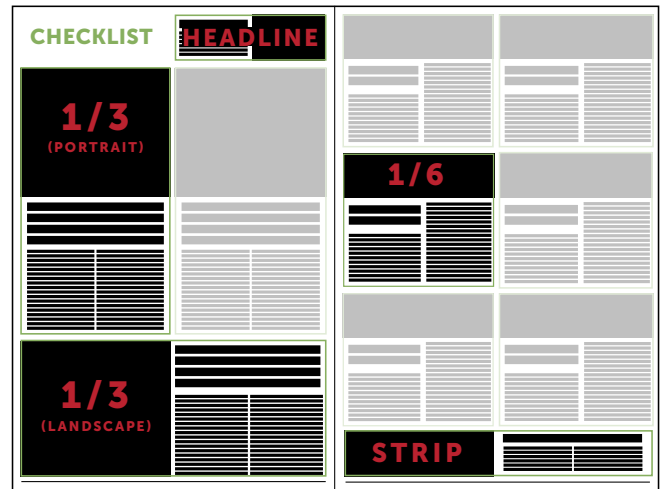
Total word count 120-150 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2 images + logo

1/3 , 1/6 FEATURE REQUIREMENTS

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



THIRD PAGE

Landscape: 267 x 90.4 mm
Portrait: 131.5 x 185 mm

Total word count 200-300 words

Call to action i.e. Discount offer, website, phone, or social links

Images 2-3 images + logo

SIXTH PAGE

Landscape: 131.5 x 90.4 mm

Total word count 120-150 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1-2 image + logo

HEADLINE Landscape: 131.5 x 42.5 mm

Total word count 60-80 words

Call to action i.e. Discount offer, website, phone, or social links

Images 1 image + logo

SUPPLYING CONTENT

IMAGE SPECIFICATIONS*

- CMYK images in JPEG, TIFF or PSD format.
- All images are high resolution (at least 300dpi).
- 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.

COPY SPECIFICATIONS

- Total word count includes max. 10 words for headline and max. 20 words for a call to action.
- Hurst Media reserve the right to make changes, including grammatical changes and corrections to ensure supplied copy meets house style.

FILE TRANSFER WARNING: EMAIL ATTACHMENT LIMIT

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 the free file sharing service [wetransfer.com](https://www.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 will layout your advertorial** within the pre-approved house style of the publication.
- Supplied copy will be **subedited by Hurst Media's editorial team**. Spelling, grammar and punctuation will also be corrected to the house style.
- Layouts may vary depending on style of images and/or text supplied.

APPROVALS & AMENDMENTS

- Hurst Media will provide a PDF for client approval.
- The client will have the option of two rounds of amendments before final approval is required. Please ensure any amendments are clear and concise.
- Approval is required within 48 hours.
- Please note that the newspaper must also approve all advertorials and they reserve the right to make changes or corrections to ensure copy passes their compliance standards.

* Image use subject to editorial discretion and may vary depending quality, size and layout. We cannot guarantee the quality of the final print for images supplied outside of these specifications.

Bespoke advertorials (in which Hurst Media 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 sourcing conducted by Hurst Media on behalf of the client will be charged at a fee of £25.

CONTACT DETAILS

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Company number: 08357910 VAT number: 161866882

Health & Wellbeing Checklist is advertorial content compiled by Hurst Media Company Ltd which takes sole responsibility for the content, but is published in *Sunday Express*

All bookings are made subject to our Terms & Conditions of advertising, which are available here: hurstmediacompany.co.uk/hurst-media-advertising-terms

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