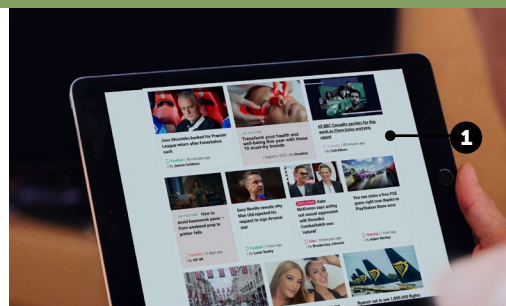
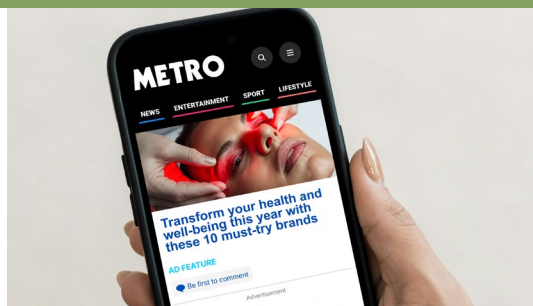


Health & Wellbeing TOP 10 checklist ✓

WANT TO LOOK GOOD AND LIVE BETTER? THESE ARE 5 BRANDS THAT WILL HELP YOU FEEL YOUR BEST
(Eventual title will be chosen by Metro.co.uk on basis of SEO score to drive highest traffic, engagement and searchability)



PUBLISHED WITH **METRO.co.uk**

iab.europe

Health and Wellbeing Top 10 Checklist is a native feature of sponsored articles published on the Metro.co.uk homepage. It initially appears in the sidebar **1**. The advertorial content is hosted perpetually on Metro.co.uk and includes individual links for all ten advertising partners.

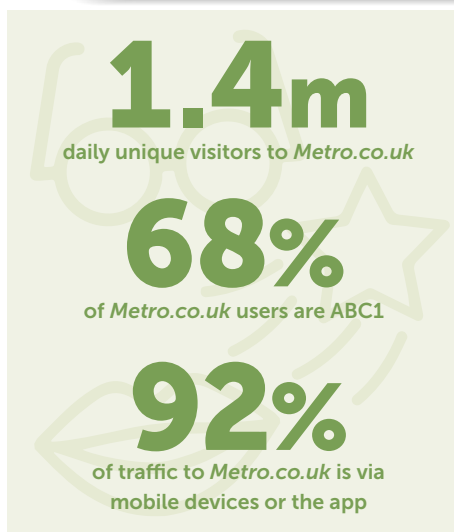
Metro.co.uk has 1.4 million daily unique visitors; therefore Health and Wellbeing Top 10 Checklist serves as an essential guide for readers who buy a wide range of products. Furthermore, with 68% of ABC1 readers, Metro.co.uk's affluent readership are willing to spend more to ensure they take utmost care of their bodies.

Health and Wellbeing Top 10 Checklist showcases a high-quality selection of products and services, including over-the-counter remedies, physiotherapy clinics, nutrition aids, grooming products, anti-aging solutions, mobility options, alternative therapies, diet and fitness solutions, athletic footwear and more.

Health and Wellbeing Top 10 Checklist is the perfect shop window for brands and organisations looking to benefit from an impressionable audience accustomed to expert commentary from award-winning journalists. Featuring on Metro.co.uk presents an amazing opportunity to directly target a new and actively engaged reader.

PARTICULARLY CONSIDERING

- Metro.co.uk has the highest proportion of millennials of all newsbrand websites
- Metro.co.uk's average reader age is 43.



SPONSORED ARTICLE EXAMPLE



Everybody's different, and when it comes to our health, understanding the individual needs we all have is key to ensuring our bodies and minds are as happy as can be.

A hit with customers on iFeel and TruSpit, these award-winning supplements are tailor-made to offer the right nutrition for you, so you can get exactly the vitamins and minerals your body needs. All you need to do is fill out a short questionnaire where Nourished's in-house nutritionists make a recommendation of the key ingredients to help you enhance your lifestyle and boost your goals.

When you submit your order for a month's supply, your individualised vegan and sugar-free gummies will be 3D printed and delivered directly to your door in plastic-free packaging, so you can be healthy while being kind to the environment too.

Click here to complete your questionnaire and use discount code CHECKLIST50 to get 50% off your first order.

[CLICK HERE TO SEE A LIVE FEATURE](#)

RATE CARD

Native package £12,000

Promoted on the sidebar of the Metro.co.uk homepage and then by 10 million ad-site traffic drivers

- x1 MPU **2**, x1 billboard **3**, x1 skyscraper **4**
- x1 mobile banner **5**, x1 leaderboard **6**
- x1 sponsored content **7**

Video Upgrade £1,000 | Competition Upgrade £1000

DISTRIBUTION

- Promoted on the sidebar of the Metro.co.uk homepage for up to a month
- Published on Metro.co.uk perpetually
- Available nationwide

DEMOGRAPHICS

GENDER



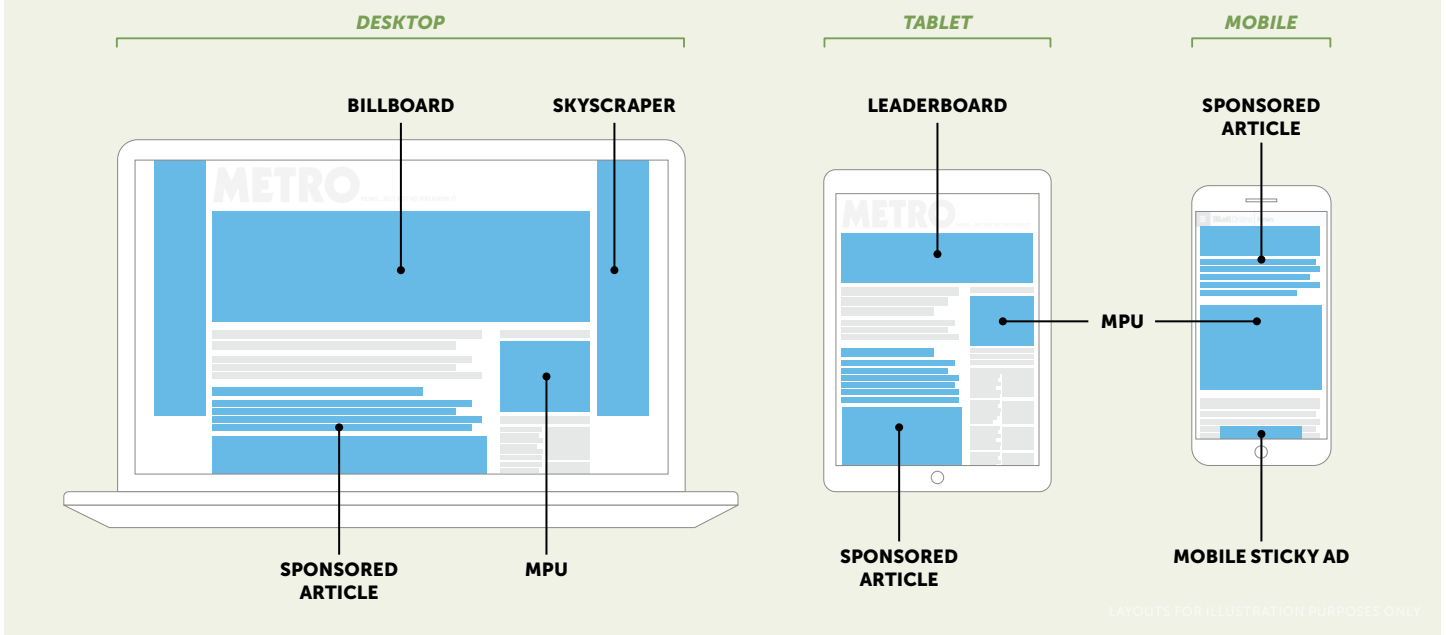
SOCIAL



AVERAGE AGE: 47



ADVERTISING POSITIONS



SPONSORED ARTICLE SPECS

COPY SPECIFICATION

- **Brief:** A brief will be supplied for the client to fill out. On this brief client will tell *Metro.co.uk* what they'd like the article to be about
- **Article word count:** 150 words

Editorial control of this features lies with *Metro.co.uk*. Advertisers can request amends to the article, which will be subject to *Metro.co.uk*'s approval.

IMAGE SPECIFICATION

- **Image size:** 634px (w) x 423px (h)
- **Format:** RGB JPEG or PNG

Images should be high quality images promoting your product or service, and should not contain additional graphics or logos.

DISPLAY AD SPECS

BILLBOARD

- Displays on desktop and tablet
- **Size:** 970px (w) x 250px (h)

SKYSCRAPER

- Displays on desktop only
- **Size:** 120px (w) x 600px (h)

MPU (MID PAGE UNIT)

- Displays on desktop, tablet and mobile
- **Size:** 300px (w) x 250px (h)

MOBILE STICKY AD

- Displays on mobile only
- **Size:** 320px (w) x 50px (h)

LEADERBOARD

- Displays on desktop and tablet
- **Size:** 728px (w) x 90px (h)

SUPPLYING CONTENT

PLEASE NOTE: The full content specification and artwork deadline will be given after booking.
Your content can be emailed to production@hurstmediacompany.co.uk

CREATION, PROOFING & APPROVAL

CREATION PROCESS

- After receiving your content, Hurst Media Company will review and forward to *Metro.co.uk*.
- Copy for advertorial features will be written by *Metro.co.uk* editorial team to meet their house style.

PROOFING & APPROVAL PROCESS

- Hurst Media Company will supply a proof to you.
- After sending a proof, we require either your corrections or your approval to publish the feature.
- If you have any copy changes, you have the option of two rounds of corrections before final approval is required.
- Please ensure any amendments are clear and concise.
- Approval time will be advised by the Production team.

TERMS & CONDITIONS

- All bookings are made subject to our Terms & Conditions of advertising, which are available here: hurstmediacompany.co.uk/hurst-media-advertising-terms.
- We reserve the right to convert images to meet the technical specification if they are not supplied as such.
- Image use and copy are subject to *Metro.co.uk* editorial discretion.
- All copy, images, claims and promotions must adhere to the Advertising Standards Authority UK Code of Non-broadcast Advertising and Direct & Promotional Marketing (CAP Code).