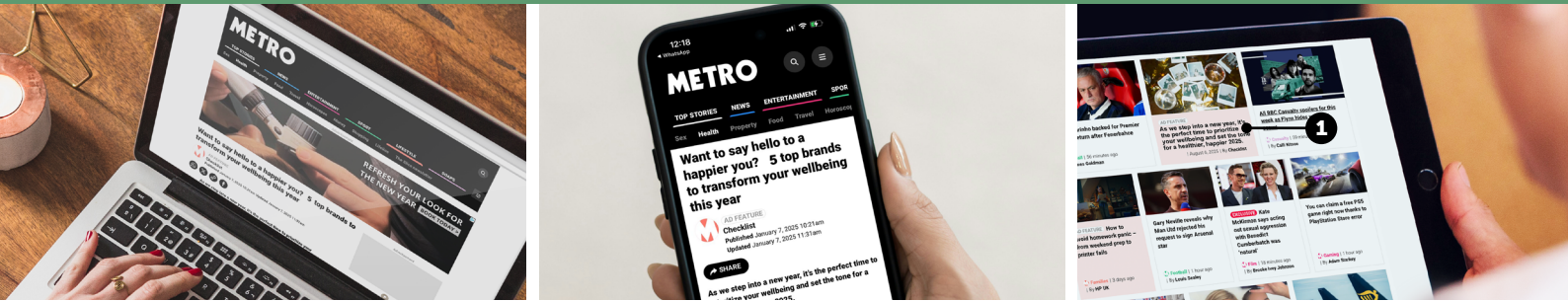


New Year's Resolutions TOP 5 *checklist* ✓

5 TOP WAYS TO STICK WITH YOUR NEW YEAR'S RESOLUTIONS
(Eventual title will be chosen by Metro.co.uk on basis of SEO score to drive highest traffic, engagement and searchability)



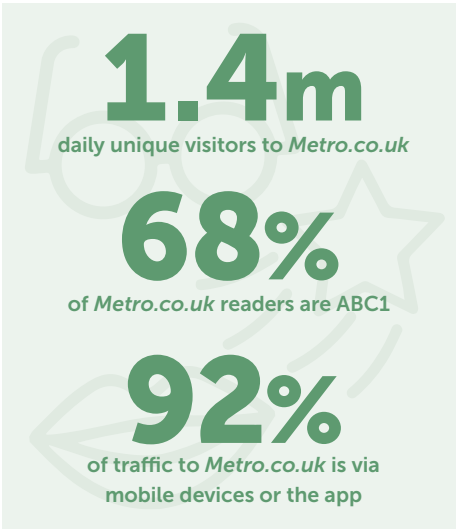
PUBLISHED WITH METRO.co.uk

The **New Year's Resolutions Checklist** is a native feature of five sponsored articles published on the *Metro.co.uk* homepage. It initially appears in the first five articles of the sidebar **1**. The advertorial content is hosted perpetually in the Lifestyle section, and includes individual links for the benefit of all five advertising partners.

Metro.co.uk is a trusted source of information for the latest news and analysis. *Metro.co.uk* has 1.4 million daily unique visitors, so the **New Year's Resolutions Checklist** serves as the essential guide to help readers make positive changes in order to lead an improved lifestyle in 2026.

The **New Year's Resolution Checklist** showcases a high-quality selection of products and services, ranging from learning new skills and careers, specialist food supplements, alternative therapies, diet and fitness advice, new adventures and hobbies, as well as ways to save money and break bad habits.

The **New Year's Resolutions 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.



SPONSORED ARTICLE EXAMPLE

Start off your new year with a white smile

Our smiles are one of the things people notice first about us - so make sure you're stepping into the new year with teeth that are ready for their close up.

Luckily for us, Beverly Hills Formula have a new and improved Professional White Range. The range includes Professional White Black Pearl Whitening, with its new advanced formula which contains Activated Charcoal to help eliminate bacteria causing bad breath. This is combined with professional whitening ingredient (PAP) Advanced Pyrophosphates, Hydrated Silica and Pearl Powder, to help remove surface and deep stains without harming the enamel.

Meanwhile, their newly launched Professional White Advanced Silver Whitening. Ingredients include Nano-Silver, Hyaluronic Acid and professional whitening ingredient (PAP) - which all help to achieve strong antibacterial and anti-plaque action. Now, that's something to smile about!

The info: [Click here](#) to shop Beverly Hills Formula and save a 2nd at Boots.

[CLICK HERE TO SEE A LIVE METRO.CO.UK FEATURE](#)

RATE CARD

Native package **£12,000**

Promoted on the sidebar of the *Metro.co.uk* homepage and then by 5 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



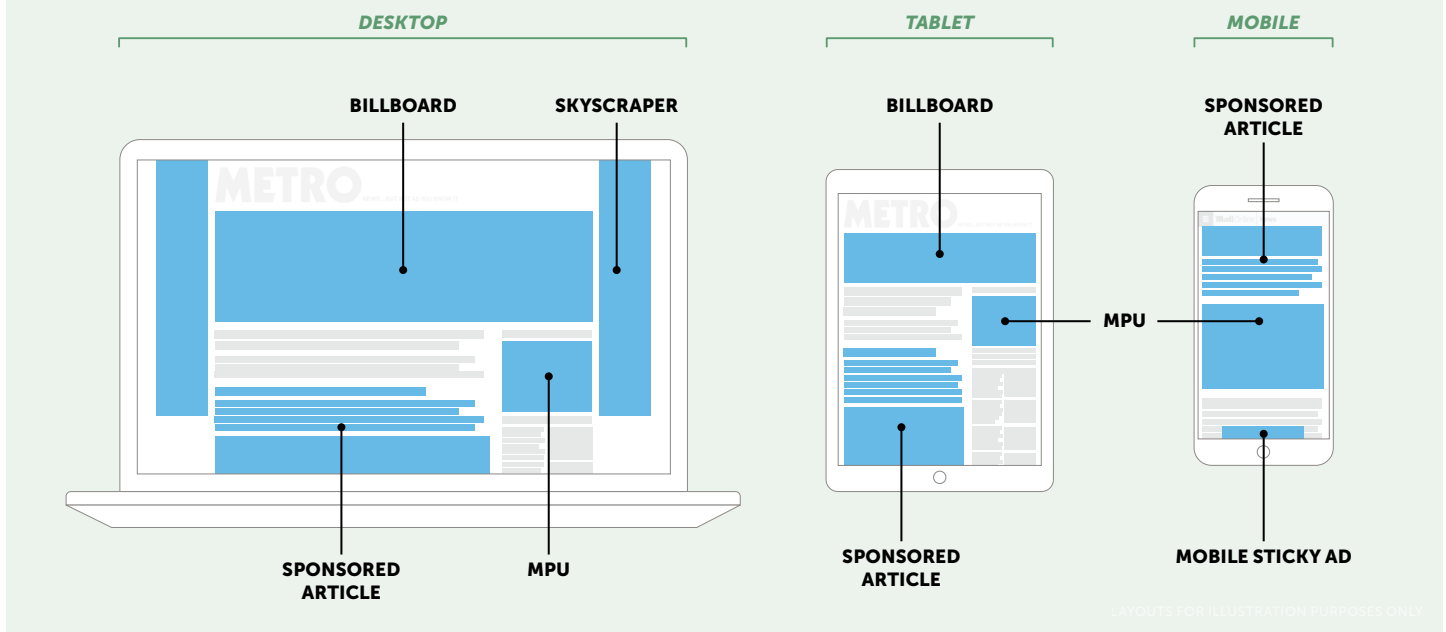
SOCIAL



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* what they'd like the article to be about
- **Article word count:** 150 words

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

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