

# LIVING HEALTHY

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Diet and exercise are the keys to a healthier body, mind and spirit. That is exactly what readers will discover in *Living Healthy 2010*. From quick tips on how lose that pesky extra five pounds to a complete restructuring of lifestyle for those who need more, this magazine is jammed packed with information.

Increase your floor traffic and sales from the advertising exposure in ***Living Healthy 2010*** as this magazine has an extended shelf life. Readers will refer back to it time and time again. There is no better opportunity to keep your name in front of over 109,000\* potential readers who are in need of your services since the ***Living Healthy*** magazine will also be on both the Daily Commercial and South Lake press websites for a full year.

**FORMAT**  
Magazine

**DEADLINE**  
August 27, 2010

**PUBLISHES**  
September 25, 2010

### AD SIZES

Back Cover	8.75" x 11.25"
Full Page	7.75" x 10.062"
1/2 Page (Horz)	7.75" x 4.998"
1/2 Page (Vert)	3.844" x 10.062"
1/4 Page	3.844" x 4.998"
1/8 Page	3.844" x 2.467"

### RATES\*

Back Cover.....	\$1640
Full Page.....	\$1025
1/2 Page.....	\$590
1/4 Page.....	\$320
1/8 Page.....	\$165

- YES! I want to take advantage of this great advertising offer only available in Living Healthy (multiple edition discount of 5% available)
- September Edition (2010)     May Edition (2011)

Advertiser Name \_\_\_\_\_

Signature \_\_\_\_\_

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