

Worthing Healthwise

Your local health and fitness magazine



Worthing's free health and fitness magazine

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Rate Card

(November 2008)

ADVERTISING RATES

DISPLAY	SINGLE	SERIES 3	SERIES 6
FULL PAGE	£395	£335	£295
1/2 PAGE	£205	£175	£154
1/4 PAGE	£110	£95	£83
1/8 PAGE	£60	£51	£45
DISPLAY	SINGLE	SERIES 3	SERIES 6
OBC	£495	£420	£372
IFC	£450	£383	£338
DISPLAY	SINGLE	SERIES 3	SERIES 6
1/4 STRIP	£135	£115	£100

IN THE SPOTLIGHT

FULL PAGE £150

ON THE THERAPIST'S COUCH

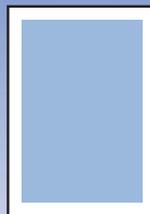
FULL PAGE £150

MARKET PLACE

40 x 73mm £45

ALL PRICES ARE SUBJECT TO VAT

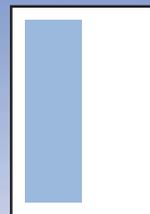
SIZE OPTIONS (FULL PAGE WITH BLEED: 246mm x 176mm)



FULL PAGE
210mm x 148mm



HALF PAGE Landscape
103mm x 148mm



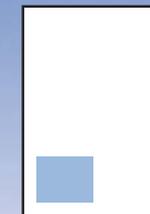
HALF PAGE Portrait
210mm x 72mm



QUARTER PAGE Landscape
50mm x 148mm



QUARTER PAGE Portrait
103mm x 72mm



EIGHTH PAGE Landscape
50mm x 72mm

DATA

Supplied Advert Requirements
In Mac Format: High resolution Adobe PDF file saved in accordance with 'Pass4Press' specifications (www.pass4press.com) **with all fonts embedded; Quark XPress or InDesign** (all fonts and images must be supplied as appropriate); **Photoshop; Illustrator** (for Illustrator, fonts **must** be converted to outlines).

Please send on a CD or DVD to: **Imax Ltd., The Old Cart House, Applesham Farm, Coombes, West Sussex BN15 0RP**
advertising@healthwisemagazine.co.uk

ADVERTORIAL

To discuss possible advertorial features please call **01273 464777**.

Full page £175
 Double page spread £295

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