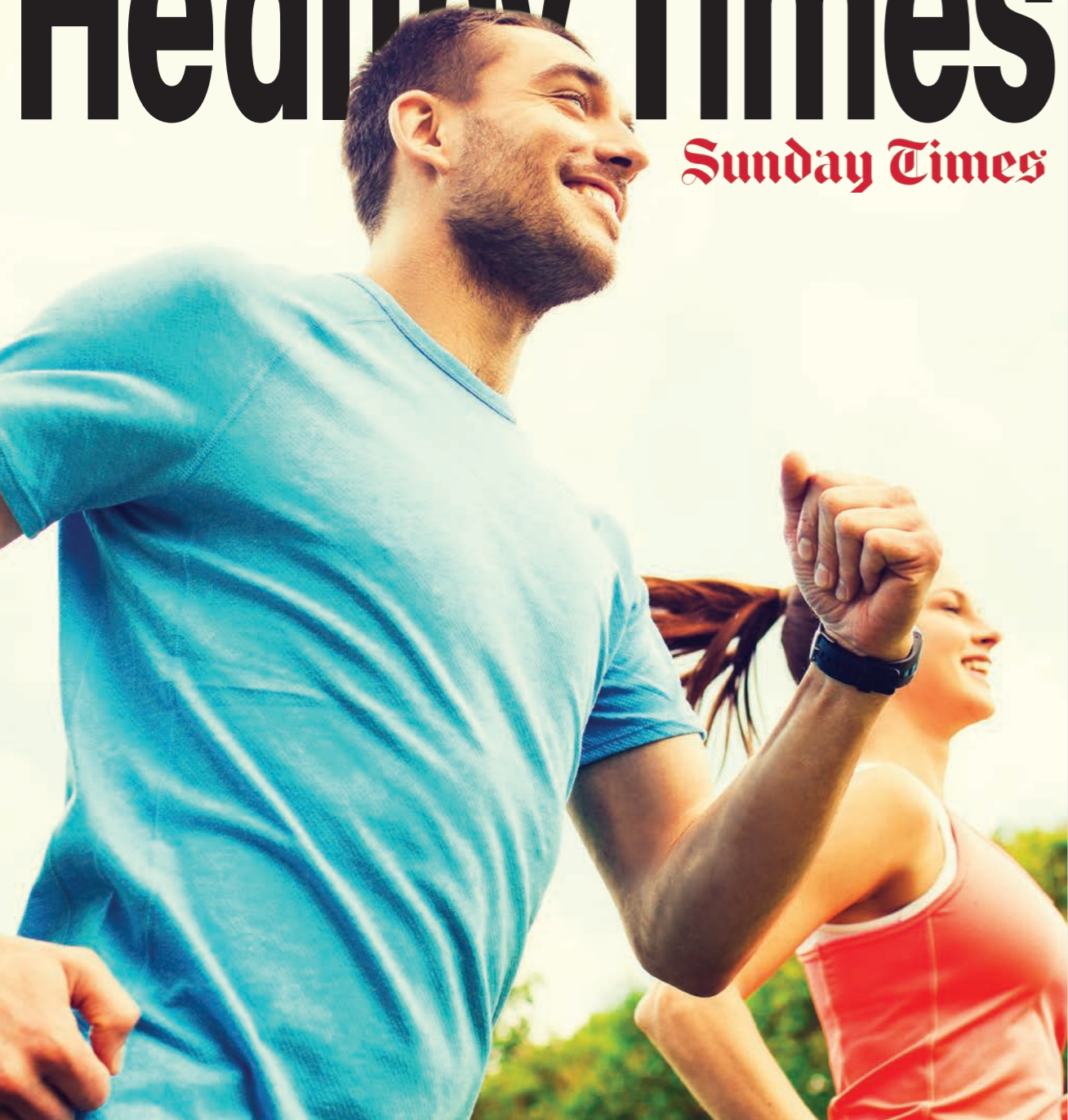


Healthy Times

Sunday Times



TOTAL PRINT RUN
60 000

DISTRIBUTION
BREAKDOWN

46 000
SUNDAY TIMES

+

10 000

COPIES BAGGED ON
SHELF IN RETAIL OUTLETS
WITH SA HOME OWNER

+

4 000

COPIES BAGGED AND
DISTRIBUTED WITH MIMS
TO MEDICAL PROFESSIONALS

2017
ADVERTISING
AND BOOKING
INFORMATION

WINTER EDITION: 18 JUNE 2017 • SPRING EDITION: 17 SEPTEMBER 2017

Sunday Times

Healthy Times

advertising rates for Healthy Times 2017

EDITIONS	FP	DPS	IFC DPS	2ND DPS	IBC	OBC	OPP ED'S/ CONTENTS	RHP SOLUS	1/2 PAGE	1/4 PAGE
1/JUNE	R23 750	R41 625	R60 000	R49 900	R33 000	R33 000	R26 800	R26 000	R13 000	R7 000
2/SEPT	R21 375	R37 463	R54 000	R44 900	R26 820	R29 700	R24 120	R24 000	R11 700	R6 300

Prices exclude agency commission and VAT
Discount on multiple bookings: 10%

corporate profiles and sponsorship packages for Healthy Times 2017

3 PAGES	4 PAGES	PLATINUM SPONSOR: cover logo + 6 pages + banner advert	GOLD SPONSOR: cover logo + 4 pages + banner advert	SILVER SPONSOR: cover logo + 2 pages + banner advert
R60 640	R79 800	R140 000	R120 000	R91 200

material specifications for Healthy Times 2017

SPECIFICATIONS	DPS	FULL PAGE	1/2 PAGE HORIZONTAL	1/2 PAGE VERTICAL	1/4 PAGE
Trim	470 x 297mm	235 x 297mm	225 x 138mm	107 x 287mm	107 x 138mm
Bleed	480 x 307mm	245 x 307mm	no bleed	no bleed	no bleed
Safe type area	430 x 215mm	215 x 277mm	217 x 130mm	99 x 279mm	99 x 130mm

All finished advertising material to be supplied as CMYK PDF in PDF/X-1. (This format is standard for magazine web printing.)
Resolution must be 300dpi and maximum total ink to be 270%.

contact and publishing details for Healthy Times 2017

Published by Picasso Headline (Pty) Ltd. Reg 59/01754/07.
Proudly part of the Times Media Group.
Tel: +27(0) 21 469 2400 | Fax: +27(0) 86 682 2926
Times Media Building, Central Park, Black River Park, Fir Street, Observatory 7925
PO Box 12500, Mill Street 8010

fresh, MODERN, *informative* & INVITING

Healthy Times provides balanced and integrative editorial, focusing on ways to improve the quality of our lives

Distribution: 60 000 copies

46 000 copies distributed to *Sunday Times* subscribers
 10 000 copies distributed on shelf in retail outlets with *SA Home Owner*
 4 000 copies distributed with the *Monthly Index of Medical Specialities (MIMS)* – South Africa's most credible medical reference journal, boasting a publishing history of longer than 50 years.)

HEALTHY TIMES FOCUS

- Fitness •
- Nutrition •
- Lifestyle •
- Wellness •
- Anti-ageing •
- Oral care •
- Mental wellness •
- Pet care •
- Healthy homes •
- Vaccines, vitamins, supplements •

VISIT OUR WEBSITE

www.businessmediamags.co.za



ADVERTISING CONTACT

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NEW NUTRIBULLET NEW YOU
 INTRODUCING THE NUTRIBULLET PRO.

The Juicer's superfood list
 01. Spinach
 02. Kale
 03. Blueberries
 04. Apples
 05. Lemons
 06. Carrots
 07. Beets
 08. Cucumbers
 09. Pineapples
 10. Mangoes

Diabetes
 You might think it won't happen to you...

What diabetes is really like...

Accu-Chek understands the importance of managing diabetes.

Take The Test

TOUCH FITNESS TRACKER
 TOMTOM SPORTS

NEW BODY COMPOSITION ANALYSIS

Being fit is more than a number on a scale. Your Body Composition, which is your body fat and muscle percentage, is a great indicator of your fitness and gives you insights about the shape you are in.

TRACK WHAT YOU'RE MADE OF

WHY looking good IS SO IMPORTANT TO WOMEN TODAY

"The most beautiful thing you can wear is confidence."
 -Michelle Obama

Looking for a supplement that ticks all the boxes and more?

GREEN LITE
 Your alternative to traditional protein based low lighters

FortiFood
 AFFORDABLE TOP QUALITY SUPPLEMENTS SINCE 1999

Ozone Treatments, Training & Sales

TEMPUR - So comfortable all you feel is weightless.

Unlocking the potential of **GREEN TEA**

New ORIGINE 8™ unlocks the power & purity of green tea like never before.

Highly BIOACTIVE. Just 1g a day shows.

24 hour EFFICACY. From morning to night.

The revolutionary NEW ORIGINE 8™ complete green tea superfood extract

Healthy Times
 MARCH 2015

GET A HANDLE ON HEADACHES
 IT'S YOUR BODY
 DIABETES
 GABRIEL TEMUDZANI
 talks fitness, food and family

Healthy Times
 MARCH 2015

BOB AND EUCHARIS MABENA
 How they keep love strong

Healthy Times
 MARCH 2015

Lira
 How she keeps mind, body and soul in shape

HEALTHIER FOOD
 VACCINES
 WELLNESS AT WORK

Times Media Group
PICASSO HEADLINE
 Excellence in niche publishing
Sunday Times
mims
HOME OWNER
 SOUTH AFRICAN INFORMED • INNOVATIVE • INSPIRED
 WELCOME HOME