



Healthy Times

Sunday Times

SPRING EDITION: SEPTEMBER 2017 • SUMMER EDITION: NOVEMBER 2017

TOTAL PRINT RUN
50 000

DISTRIBUTION
BREAKDOWN

40 000
SUNDAY TIMES

+

6 000

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

Sunday Times

Healthy Times

advertising rates for Healthy Times 2017

	FP	DPS	IFC DPS	OBC/ IBC	OPP ED'S/ CONTENTS	1/2 PAGE	1/4 PAGE
1 Edition	R23 750	R41 625	R60 000	R33 000	R26 800	R13 000	R7 000
2 Editions	R21 375	R37 463	R54 000	R29 700	R24 120	R11 700	R6 300

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

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

	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

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Proudly part of the tiso blackstar group.
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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: 50 000 copies

40 000 copies distributed to *Sunday Times* subscribers

6 000 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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APART FROM THE LASS OF FINEST
interferes with gut health, the high levels of fruit sugars and the lack of protein with essential amino acids, fasting is a major trigger in all health some time down the line.

The Juicer's superfood list
Antioxidant-rich superfoods for optimal health

THE PERFECT HOME JUICER
The NutriBullet Pro is the perfect home juicer for anyone looking to improve their health and vitality. It's a powerful, compact, and easy-to-use juicer that can handle a wide range of fruits and vegetables. The NutriBullet Pro is a great choice for anyone looking to improve their health and vitality.

NEW NUTRIBULLET NEW YOU
INTRODUCING THE NUTRIBULLET PRO.

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

You might think that diabetes...

What diabetes is really like...

Accu-Chek® understands the importance of measuring diabetes

Take The Test

Accu-Chek®

TOUCH FITNESS TRACKER
TOMTOM SPORTS

NEW BODY COMPOSITION ANALYSIS

TRACK WHAT YOU'RE MADE OF

contents

HeadBlade
IT'S NOT A HAIRSTYLE. IT'S A LIFESTYLE.

WHY looking good IS SO IMPORTANT TO WOMEN TODAY

THE MOST BEAUTIFUL THING YOU CAN WEAR IS CONFIDENCE.

HEADBLADE

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

GREEN LITE
Your alternative to traditional paraffin based fire lighters

FortiFood
AFFORDABLE TOP QUALITY SUPPLEMENTS SINCE 1999

Ozone Treatments, Training & Sales

TEMPUR
TEMPUR - So comfortable all you feel is weightless.

Unlocking the potential of GREEN TEA

Origine 8

The revolutionary NEW ORIGINE 8® complete green tea superfood extract

Origine 8®

Healthy Times
Featuring: **GABRIEL TEMUDZANI**
Fitness, food and family

DIABETES
You're living with it, but you're not living with it.

IT'S YOUR BODY
Take control of your health.

Healthy Times
Featuring: **BOB AND EUCHARIST MABENA**
How they keep love strong

HEALTHY HOME
Dealing with house dust mite allergies

HEALTHIER FOOD
Take away the guesswork

VACCINES
To keep your health

WELLNESS AT WORK
Posture perfect

Healthy Times
Featuring: **Lira**
How she keeps mind, body and soul in shape

HEALTHY HOME
Dealing with house dust mite allergies

HEALTHIER FOOD
Take away the guesswork

VACCINES
To keep your health

WELLNESS AT WORK
Posture perfect

tiso blackstar group.

PICASSO HEADLINE
Excellence in niche publishing

Sunday Times

mims

HOME OWNER
WELCOME HOME