

# HEALTHY AGING<sup>®</sup>

MAGAZINE



Healthy Diet



Financial Security



Physical Fitness



Mental Wellness



Social Well-Being

THE DELAWARE VALLEY'S PREMIER  
MAGAZINE FOR SUCCESSFUL AGING

2010 MEDIA KIT



## “Say no to retirement and yes to what’s next!”

It's never too late to get started on the road to better health, whether it is physically, mentally, socially or financially. Healthy Aging® Magazine will be the official guide for how to do just that. Targeting baby boomers on up, the bi-monthly publication will offer tips, techniques, inspiration and resource guides to residents of the Delaware Valley. The target audience is the active, older adult who wants to re-invent themselves and to say “no” to retirement.

The unique defining characteristic of Healthy Aging® Magazine, what sets it apart from other “senior” magazines and newspapers will be the local Delaware Valley focus on upbeat, positive tips and information plus the comprehensive resource guide and public service information contained in each issue. Target audience is 50-plus with an emphasis on the “active” older adult.

### FEATURED SUBJECTS

**Physical Fitness – Sports**  
 Exercise  
 Fitness after 50

**Diet/Nutrition – Healthy Diets**  
 Foods

**Restaurants/Food/Cooking – Where to Go**  
 What to Buy  
 What to Cook

**Healthcare – Yours and Others**

**Social Wellness – Activities to Engage You**

**Mental Wellness – Continuing Education**  
 Arts

**Financial Fitness – Financial Planning**  
 Retirement Information  
 Healthcare options

### 2010 EDITORIAL CALENDAR

#### May/June

Premier issue highlights the best of positive aging with tips and resources. Time to change your life including sports, fashion, where to live, lifelong learning and financial planning.

**Resource Guide:** Comprehensive listings of sports, fitness, therapy and exercise facilities, clubs, leagues, centers

**Ad Deadline: 3.10.10**  
**Ad Materials Due: 3.12.10**

#### September/October

Focus on continuing education, ways to keep the mind fit.

**Resource Guide:** Continuing education opportunities

**Ad Deadline: 8 .7.10**  
**Ad Materials Due: 8 .9.10**

#### July/August

Celebration of the best summer activities, food and entertainment appealing to baby boomers on up.

**Resource Guide:** Farm to Table Special Insert, local produce – where to buy, restaurants that serve

**Ad Deadline: 6.7.10**  
**Ad Materials Due: 6.9.10**

#### November/December

Social and Financial Wellness focus, including celebrating the holidays in the Delaware Valley, volunteerism, community activities, financial planning.

**Resource Guide:** Lists of organizations to join, places to meet people, volunteer or support plus resources for financial planning

**Ad Deadline: 10.7.10**  
**Ad Materials Due: 10.9.10**

## REGULAR COLUMNS

### Departments, local focus on:

- What's Next? ... Saying no to retirement and Yes! To Reinvention
- Never Too Late to Get Physical – Sports and physical activities
- Healthy Aging® Food – Restaurants/Food/Cooking – Where to go, what to buy, what to cook. Special focus on locally grown and produced foods, diet, nutrition
- Social Wellness – Building community connections
- Improve Your mind... the arts, education
- Making, keeping, investing your money

### Calendar

- Local Events calendar

### Products

- Healthy Aging® Product Selects

### Community

- My story – Sharing my secrets for Healthy Aging®, personal story
- Photo Gallery of local events

## MARKETING INFORMATION

### Why Delaware Valley?

Demographics of Delaware Valley (Philadelphia/Camden/Wilmington)

- Downtown Philadelphia ranked number six by Sperlings Best Places, Best Cities for older adults
- 5th largest metropolitan area in the U.S.
- 4th largest media market
- Delaware Valley has a population of 5.83 million
- Nielsen Media Market size ranking: Philadelphia is 4th behind NY, LA, Chicago
- 92 colleges and universities
- Gross metro product of \$354.85 billion in 2009
- Total retail sales of \$85.9 billion in 2009
- Total income within a 200-mile radius of downtown Philadelphia in 2009: \$1,461 billion, ranked 2nd among the 12 largest MSAs

**Distribution – Healthy Aging® Magazine will be distributed free, with subscriptions available.**

### Where:

**Pennsylvania:** Montgomery, Berks, Chester, Philadelphia, Delaware counties

**New Jersey:** Camden, Burlington counties

Over 850 sites distribute Healthy Aging® Magazine throughout Southeastern Pennsylvania, South Jersey and Delaware including:

- Banks
- Libraries
- Government offices
- Grocery store chains
- Drug store chains
- Universities
- Bookstores
- Sporting good retail shops
- Health Clubs
- Sports Clubs
- Sports medicine facilities
- Hotels
- Cafes/Restaurants
- Senior Centers
- Events

## ONLINE MARKETING

Healthy Aging® Magazine is both print and on-line, offering advertisers value-added opportunities. The Healthy Aging® website, [www.healthyaging.net](http://www.healthyaging.net), attracts 350,000 visitors monthly. Healthy Aging® Food, [www.healthyagingfood.com](http://www.healthyagingfood.com) provides a second outlet for food, restaurant and other companies interested in diet, nutrition and good food outlets for their messaging.

The entire Healthy Aging® Magazine will be found on line as well as in print.

## VALUE ADDED PROMOTION OPPORTUNITIES

- Healthy Aging® Video Series – 5 part series of 90 second video clips featured on home pages of Healthy Aging® and Healthy Aging® Food websites.
- Healthy Aging® In-Store Events
- Healthy Aging® Guide – 16 page Healthy Aging® Booklet, back panel ad
- Healthy Aging® Discussion Guide sponsor
- Opportunity to be an exhibitor at Bicycle Show, June 4, 5, 6 2010, Philadelphia Convention Center

## CONTACT INFORMATION

Submit all artwork and production questions to:

Brian Soroka, Eye See Studio

[brian@eyeseestudio.com](mailto:brian@eyeseestudio.com)

215 508 1801

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Editorial:

Carolyn Worthington

Publisher

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Phone: 610 793 0979

*The mission of Healthy Aging® Magazine is to make a positive difference in the lives of adults, ages 50-plus, who seek content, ideas, inspiration and critical information in the areas of physical, social, mental and financial health as a means to take greater responsibility for their own health.*

Carolyn Worthington  
Publisher

## Spread

AD UNIT	NON-BLEED	BLEED
Spread	15"W x 9.5"H	16.5"W x 11"H

## Full Page

## 1/2 Page Horz.

## 1/4 Page

## 1/8 Page

## 1/16 Pg

## 1/2 Page Vert.

AD UNIT	NON-BLEED	BLEED
Full Page	15"W x 9.5"H	16.5"W x 11"H
1/2 Horz. Page	7"W x 4.67"H	No Bleed
1/2 Vert. Page	3.42"W x 9.5"H	No Bleed
1/4 Page	3.42"W x 4.67"H	No Bleed
1/8 Page	3.42"W x 2.25"H	No Bleed
1/16 Page	3.42"W x 1.063"H	No Bleed

## AD RATES

AD SIZES	PRINT	PRINT & ONLINE
Full Spread:	\$6,500	\$7,500
Full Page:	\$3,500	\$4000
Half Page:	\$1,800	\$2,150
1/4 Page:	\$950	\$1,100
1/8 Page:	\$500	\$675
1/16 Page:	\$300	\$375
Classifieds:	\$45	\$60

## Classified Categories

- Business Services
- Businesses For Sale
- Health Services
- Education/Training
- Employment
- Finance/Investments
- Marketing Services
- Athletics/Exercise
- Sports/Sports Medicine
- Government/Municipal Services
- Real Estate

## Classified Parameters

Minimum ad size allowed is a 1 column by 2". No agency discounts will be paid. All rates are net.

## Classified Frequency Discounts

4x = 10% off  
6x = 15% off  
9x = 20% off  
12x = 25% off

## Deadline

All content (story and images) is due by 5 p.m. on the third Friday of the month before the month of publication. Please send your story and images to [editor@healthyaging.net](mailto:editor@healthyaging.net).

## Direct Mail

Healthy Aging® provides direct mail options for advertisers seeking geographical target markets. Just supply us with a pre-printed flyer, newsletter or promotional piece and we will insert it into the magazine.

## Insert Requirements

Insert rates are net and non-commissionable and must be pre-paid. Inserts must be full run of circulation; smaller increments are not available. Inserts must be submitted for approval one week prior to publication date.

Call your Advertising Executive for quantity and shipping instructions. Maximum size is 8.5" x 11". Anything larger must be folded to meet maximum size requirement. Minimum paper stock weight is 70 lb. No exceptions.

## File Specs

All ad material must be submitted as digital files. Preferred format is Adobe Acrobat PDF. PDFs should be produced using Acrobat Distiller, which is part of the full Acrobat package. PDF utilities, included with some office applications, do not produce press quality PDFs. Set Distiller job options to EMBED ALL FONTS and turn off all image down sampling.

Digital ad materials may also be submitted in Adobe InDesign CS3 or QuarkXpress 6.5. All fonts and images should be collected and packaged along with the document before submitting. We also accept Adobe Illustrator or Photoshop files. WE CANNOT PROCESS MICROSOFT PUBLISHER FILES. Also avoid submitting files from general office applications like Word and Powerpoint as output is unpredictable. We can accept PDFs from any program when produced according to the Distiller guidelines above.

## Color & Image

All 4-color artwork must be in CMYK format. Color graphics and images in RGB may appear washed out when printed. All raster images should be sized at a resolution of at least 200 dpi (for 100 line screen output) at 100% of the size they are used in the file. Total CMYK ink coverage should not exceed 240%. Line art images such as logos should be at 600 dpi. When using color settings in Photoshop, select US Web Uncoated v2 Text in vector images (such as Illustrator files) must be converted to outlines to eliminate font problems. Please save all images as TIFF only.