



WHO ARE WE?

A free, gloss and colour, 48 page printed magazine covering everything health, fitness, organics, sustainability and eco friendly, with sections on women, men, kids, pets, health, fitness, recipes, travel, home, entertainment, beauty and gadgets

WHAT MAKES US DIFFERENT?

We fully engage readers to obtain feedback on advertiser products and services and offer you this feedback free of charge. Plus, our ad rates are the most competitive and we offer more cross-promotion and exclusivity

WHERE TO FIND US?

We focus on a concentrated distribution area to maximise your advertising spend, and distribute to newsagencies, cafes, gyms, health food stores, shopping centres, markets, hair and beauty salons, RSL clubs, yoga/pilates/dance studios and more!

WHY CHOOSE US?

We print 10,000 copies per issue and have four social media sites with thousands of followers. Our readership includes men and women aged 20 - 60 who are employed with disposable income

AD SPACE	RATE
Outside Cover	\$1,000
Inside Cover	\$900
Full Page	\$800
Half Page	\$500

"OUR AD RATES ARE THE MOST COMPETITIVE AND WE OFFER MORE CROSS PROMOTION AND EXCLUSIVITY"

BOOK YOUR AD TODAY

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