

2014

media kit

inspiring the active lifestyle since 1996

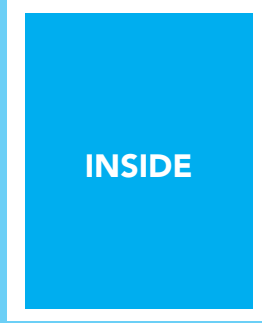


ad sizes + rates

FULL PAGE



11 x 13.5 bleed



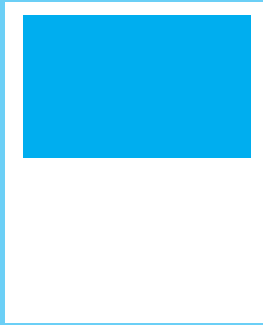
9.25 x 12

ONLINE BANNER

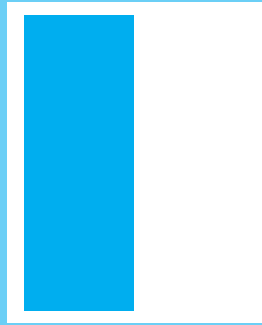


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1/2 PAGE

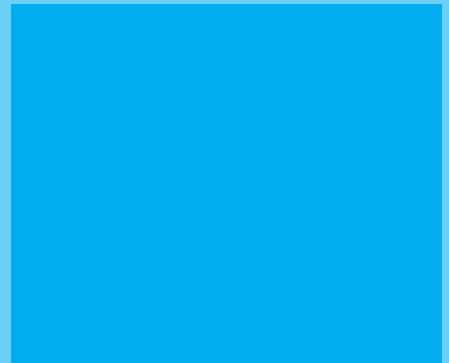


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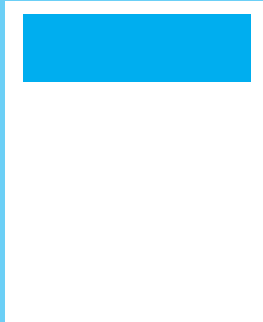
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ONLINE SCOREBOARD

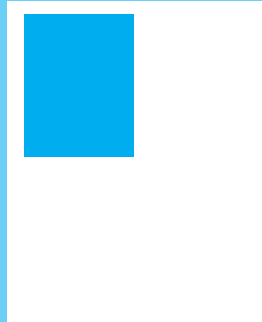


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1/4 PAGE

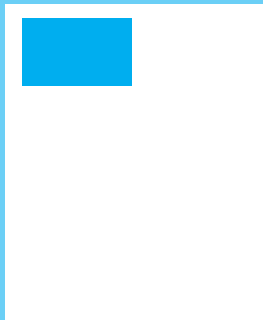


9.25 x 2.8125



4.5 x 5.875

1/8 PAGE



4.5 x 2.8125



2.125 x 5.875

Rates Per Month

	12x	6x	1x
Back Cover	\$1695	\$1895	\$2495
Inside Front Cover	\$1595	\$1795	\$2395
Inside Back Cover	\$1495	\$1695	\$2195
Full Page	\$1095	\$1295	\$1595
1/2 Page (vertical or horizontal)	\$795	\$995	\$1265
1/4 Page (vertical or horizontal)	\$595	\$655	\$795
1/8 Page (vertical or horizontal)	\$199	\$249	\$375
Banner (online)	\$299	\$349	\$475
Scoreboard (online)	\$99	\$155	\$295

mission

Every month since 1996, the fresh look and captivating content of *Memphis Health + Fitness Magazine* (*Memphis H+F*) has been educating, motivating, and inspiring its readers to adopt a fit and active lifestyle. Proud to be the Mid-South's only health and fitness publication, *Memphis H+F* is quickly and dramatically spreading the life-changing fact that the active lifestyle we promote is a free investment for significant long-term benefit, and with the dedication and drive we teach and instill, everyone is capable of living it. *Memphis H+F* is passionate about its mission and therefore ensures that every issue highlights the best of the local events, like-minded businesses, and dynamic community members dedicated to developing, achieving, and maintaining a healthy life and a wholesome environment. By definition of its goals, it's a simple fact: Being a part of *Memphis H+F* means living productively. It means living better.

editorial calendar

JANUARY:

WEIGHT LOSS ISSUE

EYECARE & EYEWEAR
ANNUAL GYM GUIDE
WINTER WORKOUTS

FEBRUARY:

HEART HEALTH ISSUE

FIT COUPLES
HEART HEALTH

MARCH:

GET YOUR REAR IN GEAR ISSUE

COLON HEALTH
NUTRITION & SUPERFOODS
HEALTHY DINING GUIDE
SPRING BREAK TRAVEL & GEAR GUIDE

APRIL:

THE GREEN ISSUE

DENTAL & ORTHODONTICS HEALTH
ALLERGY & ASTHMA AWARENESS
FARMER'S MARKETS

MAY:

WOMEN'S HEALTH, PREGNANCY & BEAUTY ISSUE

FIT MOMS
SUMMERCAMPS
BIKING IN THE BLUFF CITY, MIM TRIATHLON
ARTHRITIS AWARENESS

JUNE:

THE OUTSIDE ISSUE

MEN'S HEALTH & AESTHETICS
FIT FATHERS
MUSCLE BUILDING WORKOUTS
FINANCIAL FITNESS

JULY:

SUMMER SKINCARE ISSUE

DERMATOLOGY
SWIMMING & WATERSPORTS
FIT PETS

AUGUST:

MEMPHIS' FITTEST ISSUE

ORTHOPEDICS, PAIN MANAGEMENT & PHYSICAL REHAB
PERSONAL TRAINERS
BACK TO SCHOOL

SEPTEMBER:

HEALTHY AGING & SENIOR LIVING ISSUE

PROSTATE AWARENESS
FIT BUSINESS

OCTOBER:

CANCER AWARENESS ISSUE

GREENLINE HALF MARATHON AND BLOCK PARTY
PHYSICAL THERAPY

NOVEMBER:

FIT PHYSICIAN'S ISSUE

PODIATRY
DIABETES AWARENESS
HEALTHY HOLIDAY RECIPES
CYCLOCROSS

DECEMBER:

MIND-BODY & WELLNESS ISSUE

BEHAVIORAL & MENTAL HEALTH
HOLIDAY GIFT GUIDE
ST. JUDE MEMPHIS MARATHON

* Calendar subject to change.

demographic

Research shows 80% of people with graduate level degrees exercise regularly. Our 100,000 monthly readers are the most sought after demographic, active, affluent and educated professionals.

distribution list

Across from Hueys Downtown
Aesthetic Cosmetic Surgery Ctr
Alsac St Jude
Ageless Men's Clinic
Anytime Fitness
Arcade Restaurant
Arthur's Wine
Backyard Burger
Ballet Memphis
Baptist for Women
Baptist Rehabilitation Center
Bartlett Library
Bartlett Recreation
Bert Ferguson Community Center
Better Bodies Yoga
Bike World
Bikram Yoga
Blue Plate Café
Bluff City Coffee
Bogey's Deli
Boiling Point Seafood
Bosco's
Café Eclectic
Café Ole
Campbell Clinic
Cardiology Associates
Cardiology Specialists
Celtic Crossing
Chickasaw Oaks Mall
Christ United Methodist Church
Church Health Wellness Center
Ciao Bella Italian Grill
City of Olive Branch City Center
Clinic of Plastic & Recon. Surgery
Conrad Pearson Urology
Cosmic Coconut
Curves
Curves for Women
DAC 24 Fitness
DAC Fitness
Dac Fitness Collierville
Dangerous Curves
Dermatology Clinics
Desoto Athletic Club
Desoto Laser Aesthetics
Diversified Healthcare
Dr. Brantley Hays Internal Medicine
Dr. Graves, Cox, etc
Dr. Patel Advanced Dermatology
Evergreen yoga
Exxon
Fight Center
Fino's Deli
Fitness Club 24/7
Fleet Feet
Foundation Medical
French Riviera Spa

Fresh Slices
Gastroenterology Center of the MidSouth
Germantown Athletic Club
Germantown Methodist Activity Center
Grape and Grain
Gyn & OB Clinic, P.C.
Happy Days Cleaners
Harbor of Health
Huey's
Humdingers
Humphrey's Family Practice
Inbalance Fitness Downtown
India Palace
InsideOut Gym
James Chiropractic Wellness & Spa
Janes's Gym
Jewish Community Center
Joes Wine & Liquor
Kimbrough Wine
Kooky Canuck
Lakeside
Laser Aesthetics
Laurelwood Bookstore
Laurelwood Pediatrics
Lebonheur Hospital
Lenny's Subs
Library
Max Fitness
McDonald Murrmann Women's Clinic
McWherter Senior Cntr
Mechanix
Medical Arts Bldg
Medical Center Bldg
Memphis Children's Clinic
Memphis Heart Clinic
Memphis Judo
Memphis OBGYN Associates
Memphis Pizza Café
Meth. Mammography
Methodist
Mid South OBGYN
Mid-South Pain Treatment Center
Midtown Acupuncture & Apothecary
Millington Library
Millington Ymca
Molly's La Casita
Morgan Keegan Tower
Mphs family Chiro
New Growth In Christ Christian Center
OB Physicians Group
Olive Branch
Omni Fitness
Otherlands Coffee shop
Otolaryngology Associates of the MidSouth
Outdoors Inc
Parking Can be Fun

Physiotherapy Associates
Plastic surgery Group
PowerLife Fitness
Push Pilates
Pyramid Liquor
Pysiotherapy Associates
Qdoba Grill
Racquet Club
RB Cyclery
Red Birds Stadium
Regional Medical Center
Rehab Center
Republic Coffee
Rheumatology & Dermatology
Ruch Clinic
S. Main @ Monroe Ave., Southeast corner
Saint Francis Hospital Northeast
Sekisui Pacific Rim
Shelby Farms Visitor Center
Smoothie King
Snap Fitness
Southern Family Medical Clinic
Southland Family Dentistry
Spottswood Post Office
St. Johns Church
St. Jude Hospital Cafeteria
Starbucks Coffee
Stern Cardiology
Superlo Foods
Sweat Fitness
Tannenbaum Dermatology Center
The Arthritis Group
The Jones Clinic
The Med Doctors Building
Total Care Imaging
Trolley Stop Market
U of M Street rack
University Club
UT Bldg street rack
UT Medical
UT Professional Bldg
Wellworks
West Clinic
Whole Foods Market
Wholesale Nutrition Collierville
Wolbrect Tennis
Women of Wellness
Women's Care Center
Women's Health Specialists
YMCA

*We are also distributed at all Kroger locations throughout Memphis, Shelby County, and Northern Mississippi and at area libraries and athletic events.