

Promotions Rates



Men's Health

Total Circulation - 245,921
 Adult Readership - 1,124,000
 Female - 14%
 Male - 86%
 ABC1 Profile - 65.5%
 Median Age - 30
 (ABC July-Dec 10, NRS Oct 09-Sep 10)

Promotion Rates

Pages: £10,300
 Spreads: £20,600

NB: Projects could be subject to additional production costs. Please click [here](#) to contact the team for further details.

Display Rates

Position	Pages	Spreads
A	£15,385	£30,770
B	£14,362	£28,754
C	£12,310	£24,620
D	£11,265	£22,570
E	£10,255	£20,510

Pages



A. Outside back cover
 Inside front cover
 Inside back cover
 1st and 2nd right hand

B. 1st 30% or
 Three of the following:
 1. Front half
 2. Right hand
 3. Fully facing matter
 4. Requested editorial

C. Two of the following:
 1. Front half
 2. Right hand
 3. Fully facing matter
 4. Requested editorial

D. One of the following:
 1. Right hand
 2. Facing matter

E. Run of magazine

Spreads



A. 1st and 2nd DPS

B. 1st 30% or
 Two of the following:
 1. Front half
 2. Requested editorial
 3. Unbanked

C. One of the following
 1. Front half
 2. Requested editorial
 3. Unbanked

D. 2nd half in
 requested editorial

E. Run of magazine,
 banked

Men's Health Key Dates 2011

Men's Health		Display ads	Promotions	
Issue:	On Sale:	Copy Due:	Booking Deadline:	Final Sign-off:
March	31 Jan	22 Dec	28 Nov	30 Dec
April	7 March	31 Jan	10 Jan	4 Feb
May	4 April	28 Feb	9 Feb	4 March
June	2 May	24 March	3 March	30 March
July	6 June	28 April	11 April	5 May
August	4 July	27 May	9 May	3 June
September	1 Aug	27 June	6 June	1 July
October	5 Sept	29 July	15 July	4 Aug
November	3 Oct	26 Aug	8 Aug	2 Sept
December	31 Oct	26 Sept	4 Sept	30 Sept
Jan/Feb 2012	5 Dec	31 Oct	9 Oct	4 Nov

CLICK
 HERE FOR
 AN EASY
 PRINT PDF
 MH MEDIA
 PACK

CLICK
 HERE FOR
 AN EASY
 PRINT
 PDF