### 2019 DIGITAL MEDIA KIT

Your complete source for natural health and wellness

alive magazine
thrive
alive USA
delicious living
sage
alive.com

alive Academy

alive Connect

alive Awards

alive Listens

alive eNewsletter

alive Executive Summit

apg.alive.com

alive PUBLISHING GROUP



For more than 40 years, alive brands have been synonymous with natural health and wellness, editorial integrity, and the empowerment of those we reach to make healthy, and sustainable lifestyle choices.

We also boast a robust online presence. Our digital channels are go-to hubs for natural health trends, addictive recipes, and inspiration for living well.

#### **PUBLICATIONS**

#### alive CANADA [ PAGE 3 ]

Publishes the latest natural health information; *alive* is purchased and distributed monthly by natural health retailers to enhance their customers' natural health knowledge.

#### alive USA [ PAGE 4 ]

Publishes next-level health, fitness, and food articles geared to the eco-consious consumer, distributed by health food retailers throughout the United States.

#### **sage** [ PAGE 5 ]

Introduces all things natural, healthy, and sustainable. Found in the natural values section of supermarket giant Loblaw, *sage* brings natural living ideas to a mass audience.

#### delicious living [ PAGE 6 ]

Meets modern needs with contemporary natural health care methods and expert advice. In every issue, *delicious living* magazine covers trends, supplements, natural beauty, healthy cooking, and trusted products.

#### **DIGITAL PLATFORMS**

#### alive CANADA thrive [ PAGE 7 ]

Presents retailers with information on major editorial and advertising features in the upcoming issue of *alive* magazine.

#### alive.com [ PAGES 8-11 ]

Showcases original award-winning content from *alive* magazine, as well as digital exclusives on trending topics, the healthiest recipes, and product giveaways.

# **alive** eNewsletter [PAGES 12-13] Features current editorial topics, top trends, tips, and product features. Ideal for contest promotions, new product launches,

**deliciousliving.com** [ PAGE 14 ] Features thousands of healthy recipes and stories about living well, drawing in users through engaging content programs.

and brand announcements.

### delicious living eNewsletter [ PAGE 15 ]

Deliver natural news and recipes directly to readers' inboxes.

#### Social Media [ page 16 ]

Inspires a global community of followers with content that drives engagement, including exclusive health tips, behind-the-scenes photos, and compelling videos.

#### alive Connect [ pages 17-18 ]

Delivers a personalized monthly e-newsletter that educates natural health store customers on the go and drives repeat store visits. launches, and brand announcements.

### **EDUCATION & EVENTS**

#### alive Listens [ PAGE 19 ]

Engages readers in a state-of-the art online research portal to produce indepth results that allow us to foresee trends, challenges, and opportunities to stay ahead of the curve.

#### alive Academy [ PAGE 20 ]

Educates retail store staff, health care practitioners, and other members of the community about natural health and wellness with numerous certificate and diploma options available.

#### alive Awards [ PAGE 21]

Promotes and recognizes outstanding product innovation while enhancing the credibility of natural health products.

#### alive Executive Summit [ PAGE 21 ]

Brings together senior executives and thought leaders to envision the future of natural health.

### alive Canada

### Live with us.

Published for more than 40 years, *alive* magazine delivers the latest natural health information for educated consumers.

Unlike free or regular newsstand magazines, natural health retailers purchase *alive* magazine and use it as an integral part of their sales, marketing, and customer service programs. Retailers have a strong sense of ownership and investment in *alive*. Many make inventory and purchasing decisions based on brands that advertise in *alive*.

### Those interested in alive CANADA ...

- are predominantly **female**, from **30 to 55** years of age
- > are primarily post-secondary educated
- have household incomes of more than \$100.000
- are from households with 3 or more individuals
- invest approximately **50 minutes** in the average **issue**
- refer to the average alive
  issue 3 times, enhancing
  exposure to advertising messages
- make purchases—based on what they read in alive
- have a positive attitude toward companies advertising in alive











### **Key Facts**

CIRCULATION

185,000 copies

FREQUENCY

12X / YEAR

LOCATIONS

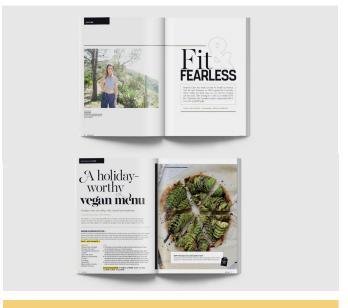
**800+** retail points across Canada

Email advertise@alive.com for more information









### Those interested in alive USA ...

- are mostly **25 to 39** year old women
- > have discretionary incomes of \$1,000 per month
- > live primarily in urban areas
- > lead highly active lifestyles
- **buy organic products** and produce

### alive USA

# Eat, Drink & Be Healthy.

Distributed by prominent health food retailers across the US, *alive* USA is a natural health magazine with a modern, plant-based twist.

### The articles featured in *alive* USA provide cutting-edge insights into ...

- > plant-powered food and recipes
- > next-level health and fitness
- > eco-conscious culture and tech

Plus, its pages are packed with inspiring stories from influential movers and shakers.

alive USA enlists wellness gurus, healthy chefs, and top athletes to unpack the health topics consumers care about.

### **Key Facts**

300,000 copies

FREQUENCY

6X / YEAR

1,000+ retail points across the US

Email advertise@alive.com for more information

### sage

# Live your best life.

sage magazine introduces families across Canada to accessible wellness and inspires them to pursue a more natural way of living. It is distributed exclusively through supermarket giant Loblaw, meaning it taps into a brand-new consumer base that is primed to purchase natural health products.

- found in the Natural Values section and other strategic locations in Loblaw stores
- > brings natural living ideas to a mass audience
- reaches families who may not have considered natural health before
- provides easy-to-understand natural health information and articles from a trusted source

### Those interested in sage ...

- > are predominantly females, 30 to 55 years old
- > have household incomes of \$85,000
- > are from households with 3 or more individuals
- > are the principal grocery shoppers
- are more likely to use herbal remedies









**Key Facts** 

CIRCULATION

140,000 copies

FREQUENCY

9X / YEAR

LOCATIONS

**815** Loblaws stores

Email **sage@alive.com** for more information.

sage pg 5



## delicious living

# Living Naturally.

A trusted voice in America's natural health community since 1985, delicious living helps consumers connect with local natural health retailers and the responsible companies that make healthy living achievable, sustainable, and fun. In every issue, it covers natural health trends, supplements, natural beauty, healthy cooking, and trusted products.

As of 2018, *delicious living* is entering an exciting new chapter as it joins Alive Publishing Group's suite of products.

# Those interested in delicious living are ...

> 92% females

> 76% married

> 53% mothers (to children under 18)

> 92% college educated

# Readers' top health goals include ...

- > eating healthy
- > healthy aging
- > increasing energy
- > improving immunity
- > cleaner digestion/detox

### **Key Facts**

CIRCULATION

**225,000** copies

FREQUENCY

12X / YEAR

LOCATIONS

1,000+ retail points across the US

Email advertise@alive.com for more information.





### alive CANADA thrive

# Be ahead of the game.

thrive is a digital peek into what's coming in the next issue of alive magazine—delivered monthly to our retail partners' inboxes. A valuable tool, thrive enables business owners to plan for inventory choices and make the most of their display and promotional materials. thrive also provides a wealth of valuable information designed to support our partners in a quickly evolving business environment.

**SPECIAL Key Product Features** pages provide a preview of supplements and other products advertised in the coming month's issue of *alive* magazine.

**The Key Product Features pages** include a handy description of each item, with highlights and selling points.

### **Key Product Features**

- → Free for full-page advertisers in *alive*, and \$150 per Feature for all others.
- ➤ Each Feature comes with a link of your choosing and your business phone number.
- Additional links from your Feature cost \$100 each (maximum of 3 per product).

### Title Ads

Run-of-site tile ads are available in two pricing structures.

- **1.** Full-page *alive* advertisers: \$500 per static ad or \$750 per animated ad
- **2.** All others: \$1,000 per static ad or \$1,500 per animated ad

# Specs

- Tile ad: Desktop and mobile view require 300 X 250 pixels as a PNG, JPG, or GIF file
- Ads must be approved by Alive Publishir Group, prior to publication, for content and design.

### Rates

*thrive* offers opportunities that ensure your brand message is received by retailers!

### Contact.

Email advertise@alive.com for more information.



**70%** MOBILE **30%** DESKTOP

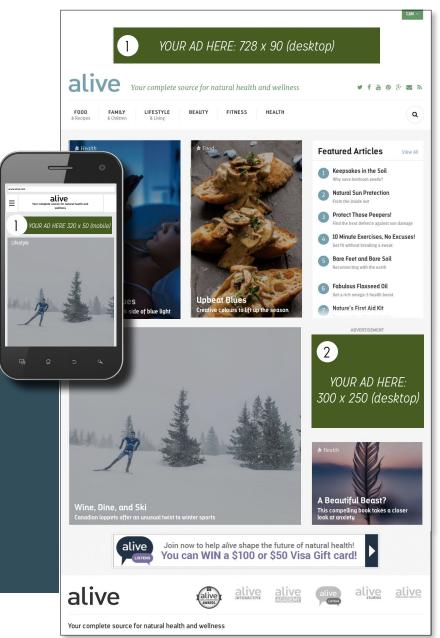
\*As of July 2017

**350,000**/month SESSIONS\*

(VISITORS)

**875**,000/month

PAGE VIEWS\*
(AD IMPRESSIONS)



# Advertising online.

#### 1. Banner ad (static)

DESKTOP VIEW: 728 x 90 pixels MOBILE VIEW: 320 x 50 pixels \$2.000/month

### 2. Body ad (static/video)

DESKTOP AND MOBILE VIEW: 300 x 250 pixels

• static version: either as a PNG or JPG file (animated GIFs are okay); no PDFs Static ad (GIF/JPG/PNG):

\$1.050/month

> video version: an animated SWF file with all the elements in one movie clip attached to the stage and clickTAG set to link to the desired location

Video ad (SWF):

\$1.500/month

All pricing is based on a one-month commitment to the advertising space.

alive.com

### Terms & Conditions.

#### **Ad Units**

- ➤ A maximum of 7 ad units per placement may be submitted.
- All ad units will launch a new browser window when clicked on.

#### **Ad Content**

- ➤ We reserve the right to approve all advertising on alive.com.
- alive.com will not advertise retail stores or multi-level companies; our advertising supports health food stores' sales.
   Product pricing is not allowed.
- Advertisements for therapeutic treatments must be licensed, scientifically proven methods (e.g., registered massage therapist, chiropractor, naturopathic physician, etc.).

#### **Pricing and Payment**

- > Pricing is subject to change without notice.
- → Prepayment is required for all first-time advertisers.
  Ads will not be posted until payment or credit approval is received.
- > Production charges for additional artwork are billed at \$100 per hour.

# Specs.

- ➤ We accept JPG, PNG, and SWF file formats.
- > Maximum file size per animated file is 700KB.
- ➤ Label emails with ad name, publication month, and company name.

### Contact.

Email advertise@alive.com for more information.





### Deadlines.

MONTH	AD RESERVATION	DATE MATERIAL DUE
January	December 11, 2018	December 18, 2018
February	January 18, 2019	January 25, 2019
March	February 15, 2019	February 22, 2019
April	March 18, 2019	March 25, 2019
May	April 19, 2019	April 26, 2019
June	May 17, 2019	May 24, 2019
July	June 17, 2019	June 24, 2019
August	July 18, 2019	July 25, 2019
September	August 16, 2019	August 23, 2019
October	September 17, 2019	September 24, 2019
November	October 18, 2019	October 25, 2019
December	November 15, 2019	November 22, 2019

Ads accepted via email at **art@alive.com** (less than 10MB), or on our FTP site.

**ftp.alive.com** username: alivemag password: aliveart

### alive eNewsletter

# Reach more people.

Placing ads here enhances your visibility without the expense of building a list and creating content. Email marketing maintains a strong return on investment (ROI), even surpassing other channels. In fact, the ROI of email marketing (including ads in eNewsletters) has been shown to return \$48.06 in revenue per dollar spent. Marketing through other internet channels has been shown to return just \$19.94 per dollar spent.

The *alive* eNewsletter is a trusted resource, driving open rates above industry averages

> 22% average open rate for Health and Fitness eNewsletters

> 22%
average open rate for Media and Publishing eNewsletters

> 17%
average open rate for Vitamin
Supplements eNewsletters

> 25<sup>\*</sup> averge open rate for the alive eNewsletter

#### **Building top-of-mind awareness**

Featuring current editorial topics, top trends, tips, and product features, the *alive* eNewsletter content is actionable and ideal for contest promotions, new product launches, and brand announcements.

### The alive eNewsletter features addictive content that maximizes click-throughs.

- > Average click-through rate for Health and Fitness eNewsletters: **3%**
- > Average click-through rate for Media and Publishing eNewsletters: **5%**
- Average click-through rate for Vitamin Supplements eNewsletters: **2%**
- > Average click-through rate for the alive eNewsletter: **9%**\*

\*based on 2017 open and click-through rates

**Key Facts** 

**FREQUENCY** 

**BI-WEEKLY** 

**SUBSCRIBERS** 

23,800+

# Advertising.

- > 600 x 120 pixels
- Advertising in the alive eNewsletter includes a Rich Media Banner Box Ad linked to the URL of your company or product \$750

### **Opt-in promotions**

- → Target *alive* eNewsletter subscribers that have opted in to receive direct communications from you.
- ➤ Available only for special offers, coupons, discounts, and other giveaways that benefit the reader.
- > You send us your creative.
- alive sends out messages on your behalf. \$1,125

Ads accepted via email at **art@alive.com** (less than 10MB), or on Alive Publishing Group's FTP site.

### ftp.alive.com

username: alivemag password: aliveart

Please place eNewsletter ads in the Newsletter folder on Alive Publishing Group's FTP.

### Deadlines.

MONTH	AD RESERVATION	DATE MATERIAL DUE
January	December 5, 2018	December 12, 2018
February	January 30, 2019	February 6, 2019
March	February 27, 2019	March 6, 2019
April	March 27, 2019	April 3, 2019
May	April 24, 2019	May 1, 2019
June	May 29, 2019	June 5, 2019
July	June 26, 2019	July 3, 2019
August	July 24, 2019	July 31, 2019
September	August 28, 2019	September 4, 2019
October	September 25, 2019	October 2, 2019
November	October 23, 2019	October 30, 2019
December	November 20, 2019	November 27, 2019

### Contact.

Email **advertise@alive.com** for more information.

### Dates.

#### **2019 PUBLICATIONS**

January 2

January 16

January 30

February 13

February 27

March 13

March 27

April 10

April 24

May 8

May 22

June 12

June 26

July 10

July 24

August 7

August 21

September 11

September 25

October 9

October 23

November 6

November 20

December 4

December 18

# deliciousliving.com

# Live deliciously.

deliciousliving.com is a natural health hub with thousands of recipes and articles about living well. It draws users in through engaging content programs and two weekly eNewsletters. Users come back again and again for easy-to-make recipes, special-diet tips, and the latest health and supplement info.

- > 6 mins spent on the site (average time)
- > 269,000 average monthly page views

- **Bronze package** delivers 2 Leaderboard & 2 Rectangle units—total of 4 postions and 50k impressions (each at 12.5k)
- Gold package includes 10k more impressions with choice of Jumbotron OR Floor Ad
- Platinum package includes 15k more impressions with choice of Prestitial / Welcome OR Page Wrap / Site Skin / Wallpaper

# Ad Packages.

Price:	<b>À la carte</b> (\$/000)	Bronze \$950	<b>Gold</b> \$1,450	<b>Platinum</b> \$1,950
Impression Count:		50k	50k+10k	50k+10k+5k
Effective CPM:	\$30	\$19.00	\$24.17	\$30.00
Leaderboard (728×90)*	\$30	2x	2x	2x
Rectangle (300×250)*		2x	2x	2x
Page Wrap / Site Skin / Wallpaper	\$75			
(1024×468, 1280×1024)*	\$75			Χ
Prestitial / Welcome (640×480)*	\$30			Х
In-Article Video*	\$80		Х	
Jumbotron**	\$60		Х	Х
Floor / Footnote**				Х

### Standard Ad Units



#### Leaderboard (728×90)

Highly visible units at the top and bottom of the page create immediate impact and repeat exposure.



### Page Wrap / Site Skin / Wallpaper

Offers advertisers the opportunity to brand around a website by leveraging traditionally unused portions of the page.



#### Rectangle (300×250)

Appears upon initial page load and consistently as users explore content. Maximizes exposure time.



#### In-Article Video

Optimal user experience and viewability through in-article placement. Eye-catching and effective.



### Prestitial / Welcome (640×480)

Loads on user's first visit.
"Sponsored Introduction"
is displayed with a
countdown. Arresting
and unmissable.



Email advertise@alive.com for more information.

Ads accepted via email at **art@alive.com** (less than 10MB), or on our FTP site.

#### ftp.alive.com

username: alivemag password: aliveart

# delicious living eNewsletters







### Be in the know.

Users sign up to receive great-tasting healthy recipes, everyday nutrition tips, and the latest information on green living, supplements, and natural beauty-all delivered right to their inbox. Every Tuesday, we deliver a weekly recap of the best in nutrition, supplements, and beauty. Every Thursday, we deliver a delicious new recipe.

69,000+ Natural News subscribers

70,000+ Recipe of the Week subscribers

### Ad Packages **eNewsletter**

	Ad Units	Pricing
delicious living	580×80,	\$1,250 - \$2,000 (pe
Natural News:	180×150	month)
delicious living		

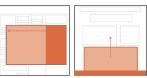
\$1,500 (per month)

Ads accepted via email at art@alive.com (less than 10MB).

Recipe of the Week: 580×80

### **Rich media Ad UNITS**

Jumbotron Large canvas for multiple assets.



Floor / Footnote Remains visible as user scrolls.

or on our FTP site.

Contact. ftp.alive.com username: alivemag password: aliveart

Fmail advertise@alive.com for more information.

delicious living eNewsletters

### **Social Media**

### Let's be social.

With a robust social presence, Alive Publishing Group's reach extends far beyond our print publications. Our channels engage followers with

- recipes and health tips you won't find anywhere else
- sneak peeks into what's coming in our print publications
- exclusive behind-the-scenes photos and inspiring videos
- content from our powerful network of brand ambassadors

facebook.com/alive.health.wellness

Want to take advantage of our worldwide digital audience? The good news is that you can, and it's easy.

#### How to collaborate

- Give away products through our social channels
- > Take over our Instagram
- > Have us share your social content

#### Why collaborate?

- Low-cost advertising and marketing exposure with a global reach
- Digital content to share within your network
- > Targeted audience



facebook.com/deliciouslivingmag

@deliciousliving

(c) @deliciouslivingmag

**a** deliciousliving

### alive USA

alivemag

facebook.com/myalivesocial

(o) @alivehealth | #alivemagazine

@myalivesocial

alive CANADA

@aliveHealth

@myalivesocial

### alive Academy

facebook.com/AliveAcademy













Social Media pg 16

### alive Connect

# Healthy learning on the go.

Specially created for natural health retailers, alive Connect is a digital boutique version of alive content designed to help retailers connect even more with their customers.

It caters to retailers looking to start or expand a customer outreach program.

Leading retailers across North America provide this content directly to their customers and encourage engagement with each issue. Customers can access this natural health publication from anywhere, whether they are on a lunch break, commuting home, or relaxing on the weekend.

alive Connect allows you to help retailers connect even more with their customers.

#### alive Connect features:

- > customized content for customer wellness
- > monthly distribution to national retail clients
- > your ad with click-through to your website
- exclusive access to readers—just 5 ads per issue!

### alive Connect is ...

> delivered 12 times a year

alive Connect

- > filled with bite-sized articles and quick tips
- ➤ focused on natural health customers
- > fully optimized for mobile devices



### Dates.

#### **2019 PUBLICATIONS**

December 20 (2018)

January 28

February 25

March 25

April 24

. May 27

June 24

July 25

August 27

September 24

October 24

November 26

# Advertising.

#### Body ad (static/video)

DESKTOP AND MOBILE VIEW: 300 x 250 pixels

- > either as a PNG or JPG file: no PDFs
- → ads must be approved by Alive Publishing Group prior to publication for content and design
- > 1x: \$7,500 each
- > 3x: \$6.000 each
- > 12x: \$4.150 each

Ask your account executive for details or email advertise@alive.com for more information.



#### Rectangle (300×250)

Appears upon initial page load and consistently as users explore content. Maximizes exposure time.

### Contact.

Email **advertise@alive.com** for more information.

### Deadlines.

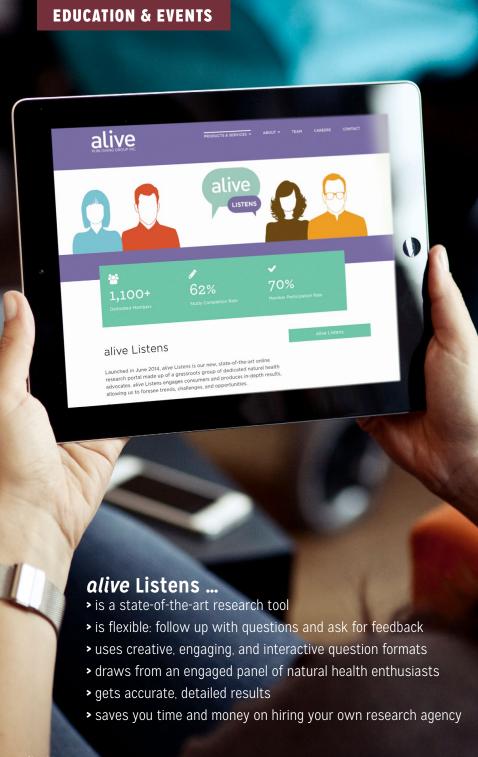
MONTH	AD RESERVATION	DATE MATERIAL DUE
January	December 6, 2018	December 13, 2018
February	January 14, 2019	January 21, 2019
March	February 11, 2019	February 18, 2019
April	March 11, 2019	March 18, 2019
May	April 10, 2019	April 17, 2019
June	May 13, 2019	May 20, 2019
July	June 10, 2019	June 17, 2019
August	July 11, 2019	July 18, 2019
September	August 13, 2019	August 20, 2019
October	September 10, 2019	September 17, 2019
November	October 10, 2019	October 17, 2019
December	November 12, 2019	November 19, 2019

Ads accepted via email at **art@alive.com** (less than 10MB), or on our FTP site.

**ftp.alive.com** username: alivemag

password: aliveart

alive Connect pg 18



### alive Listens

# Your own market research.

alive Listens is our state-of-the-art consumer panel powered by Vision Critical. The panel is made up of everyday natural health advocates who volunteer their time to be part of this hugely influential body of people. Advocates are asked to participate in surveys roughly once a month and to provide their opinions on a wide variety of topics and initiatives.

Involve us in your new product labels, marketing plans, product development, and launches!

### **Key Facts**

1,300+

DEDICATED PANELISTS

**36%** 

AVERAGE SURVEY OPEN RATE

33%

AVERAGE SURVEY COMPLETION RATE

### A world of opportunities for your research needs! alive Listens can help you ...

- > get deeper insights
- > reach current and potential customers
- > receive immediate and ongoing results & stats
- → foresee trends, challenges, and opportunities
- > give your customers a voice
- make key business decisions
- tap into the immediate pulse of the natural health industry
- > stay on top of your game and ahead of the curve

Rates.

\$2,500 for your own survey.

Contact.

Email **advertise@alive.com** for more information.

## alive Academy

# Education for the healthy mind.

The *alive* Academy provides world-class education for the healthy mind. Our unique expertise and access to the latest research means our courses are always up to date.

### **Key Facts**

4

ACCREDITED
DIPLOMA PROGRAMS

10

CERTIFICATE COURSES

**25 YEARS** 

OF EDUCATING READERS.
COMSUMERS, AND RETAILERS

6,000+

STUDENTS WORLDWIDE

#### **Unparalleled flexibility**

Distance learning gives students the opportunity to fit their education around their busy schedules and complete the programs within their own time.

For businesses that would like to further educate their staff members, this makes learning easy and convenient, without the need to take time out of staff members' busy work schedules.

### 24/7 connectivity

Our Online Learning Centre allows students to remain connected with us. Our students are regularly contacted to ensure that they are on track, and they are provided with student assessments that report their progress throughout their learning. We also have an active student forum on Facebook, where students can easily connect with each other.

### Affordable pricing

Our goal is to inspire as many people as possible to be as passionate as we are about natural health, nutrition, and wellness. With that in mind, we provide several payment options to suit our students' individual needs.



### alive Awards

# Celebrating natural health excellence.

The annual *alive* Awards promote and recognize outstanding product innovation while enhancing the credibility of natural health products. Since 1993, these prestigious gold, silver, and bronze awards have been presented to manufacturers of the best products in a variety of natural health categories.

### Contact.

For more information about the 2019 *alive* Awards, please contact **awards@alive.com**.



### alive Executive Summit

# Envisioning the future of natural health.

The *alive* Executive Summit brings together top-level decision makers to discuss the growing future of natural health in North America and around the world. Executives discuss how to take their businesses to the next level, and how the future of natural health will unfold to the benefit of all stakeholders.

Unparalleled networking with like-minded individuals and an unmatched opportunity to discuss key growth moves and strategies will help you design, develop, and plan your business to be well positioned for the future.

This Executive Summit will appeal to retailers, wholesalers, distributors, manufacturers, and other businesses that operate in the natural health industry.

### Contact.

Email **summit@alive.com** for more information.



alive Awards & alive Executive Summit





call: 1.800.663.6580 email: advertise@alive.com visit: alive.com/advertise

**HQ: Richmond, BC**