

2023 Fit Guide

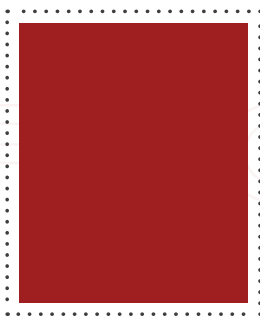
When it comes to health and wellness, students develop lifelong habits during their college years regarding food, fitness, healthcare, and other aspects of their physical or mental wellbeing. During this formative period, the Fit guide gives you an opportunity to introduce them to your business and what you offer. This guide is published within an issue of the Herald newsmagazine.



Rates

Full

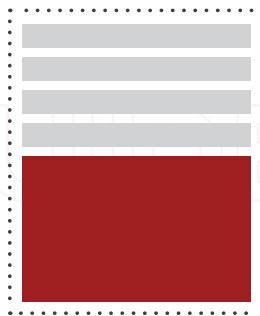
8.25" w x 10.75" h
.125" bleed



\$460

Half

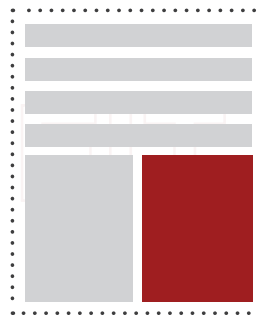
7.5" w x 4.875" h
no bleed



\$250

Quarter

3.689" w x 4.875" h
no bleed



\$150

Sponsored Content

Full page story;
approximately
400-600
words and 1-2
photographs

\$550

Important Dates

Ad Commitment: **February 20**

Sponsored Commitment: **February 6**

Artwork Deadline: **February 23**

Publication Date: **March 6**

All deadlines **4 p.m. Central Time** on dates above



For more information, or to reserve your space, contact:
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