

# Men's Health

ADVERTISING RATES **2019**



## AUDIENCE

October 2018



20.092  
copies month



2.964.775  
Page views



844.182  
Unique users



807.906 Fans



92.839 Followers



96.662  
Instagramers



## THE BEST-SELLING MEN'S MAGAZINE IN SPAIN

Over 300 000 readers, 600 000 followers on Facebook and 2 million unique users per month make Men's Health much more than the best-sold male lifestyle magazine in Spain. A genuine bible full of practical and quality information on the topics on the current agenda of any man: fitness, nutrition, personal care, health, fashion... A brand attracting the most loyal male community in Spain.



WEB

ONLINE RATES

WE FORM A  
COMMUNITY OF

1.861.681

PEOPLE

TECHNICAL DETAILS

**Frequency:** Monthly  
**Format:** 204x276 mm  
 plus 4 mm of indent on each side  
**Printing:** Offset  
**Binding:** Perfect binding

CLOSING DATE

The originals ought to be delivered to the magazine, 10 days before the issue date.  
 Please make your reservations before the closing date.

VERY IMPORTANT

Please deliver the material on digital media. PDF format in high resolution, colour mode CMYK, embedded printing (PDF/X-1a).



ADVERTISING SPACE	PRICE euros	FORMATS mm
PAGE	11.500	204 x 276
ADVERTORIAL PAGE	12.650	204 x 276
DOUBLE PAGE	23.000	408 x 276
1/2 HORIZONTAL PAGE	8.750	204 x 135
1/2 VERTICAL PAGE	8.750	95 x 276
1/3 HORIZONTAL PAGE	5.800	204 x 90
1/3 VERTICAL PAGE 5	5.800	65 x 276
<b>PREFERRED SITES</b>		
BACK COVER	21.700	204 x 276
INSIDE FRONT COVER	15.400	204 x 276
IINSIDE BACK COVER	14.300	204 x 276
PAGE FRONT CONTENTS	13.500	204 x 276
PAGE FRONT EDITORIAL	13.500	204 x 276
1ST RIGHT HAND PAGE	13.800	204 x 276
2ND RIGHT HAND PAGE	13.300	204 x 276
3RD RIGHT HAND PAGE	12.650	204 x 276
DOUBLE PAGE (2 AND 3)	30.150	408 x 276
1ST DOUBLE PAGE	28.950	408 x 276
2ND DOUBLE PAGE	26.450	408 x 276
3RD DOUBLE PAGE	25.350	408 x 276
<b>BRANDED CONTENT PAGE / NATIVE*</b>	13.800	204 x 276
*Writing and desing production cost	500	

**CONTACT**

*motor  
press  
hearst*