

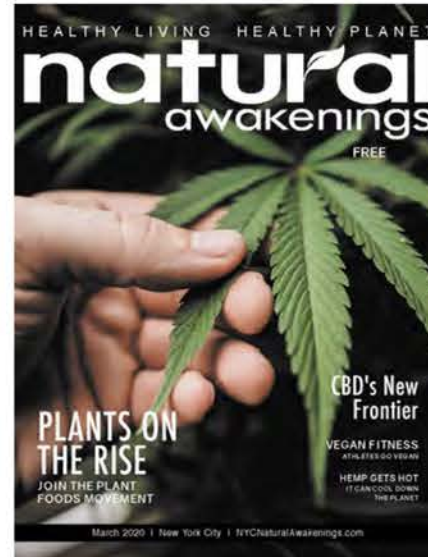
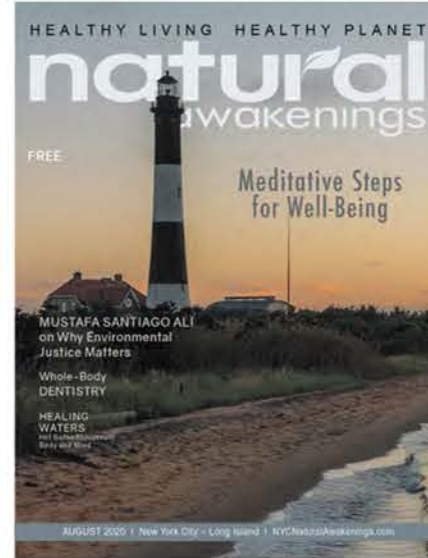
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NEW YORK CITY | LONG ISLAND EDITIONS

Healthy Living Healthy Planet

2023 Media
Kit

2023 OUR AUDIENCE



TOTAL PRINT READERSHIP

42,500

New York City: 17,500 | Long Island: 25,000

DISTRIBUTION

420 locations

throughout New York City & Long Island

DIGITAL MEDIA

10,500+ followers

**Facebook • Instagram • Twitter • YouTube
Digital Edition • e-Newsletter**

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Healthy Living Healthy Planet

2023 WHO WE ARE

FOR PEOPLE WHO LIVE A HEALTHY,
SUSTAINABLE LIFESTYLE.

ABOUT OUR READERS

66% HAVE BEEN READERS FOR MULTIPLE YEARS

45% SHARE THEIR MONTHLY COPY WITH 3+ ADDITIONAL READERS

74% ARE FEMALE

49% ARE BETWEEN 35 AND 44 YEARS OF AGE

LESS THAN 3% ARE BETWEEN 18-20.5 AND 16% ARE AGE 21-24

60% HAVE ONE OR MORE COLLEGE DEGREES

89% PURCHASE HEALTHY OR ORGANIC FOOD FOR THEIR FAMILY AND PETS

78% ARE ACTIVELY SEEKING ALTERNATIVE HEALING

MODALITIES, ORGANIC PRODUCTS AND PLANT MEDICINE

52% ATTEND SPIRITUAL OR HEALING EVENTS

56% ATTEND EXERCISE OR FITNESS EVENTS

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**We are ranked 5th Nationally on Cision's
Top 10 Health & Fitness Magazines List**

THE EDITORIAL PILLARS

EACH MONTH YOUR BUSINESS IS AMONG CUTTING-EDGE INFORMATION IN NATURAL HEALTH, NUTRITION, FITNESS, PERSONAL GROWTH AND GREEN LIVING EDITORIALS.



**HEALTHY
MIND**



**HEALTHY
BODY**



**HEALTHY
PLANET**

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2023 EDITORIAL CALENDAR

WE INSPIRE HOLISTIC, PEACEFUL AND SUSTAINABLE LIVES WHILE ENCOURAGING RESPECT FOR HUMANITY, ANIMALS AND THE PLANET.



January

Health & Wellness



February

Heart-Centered Living



March

Food & Nutrition



April

Sustainable Living



May

Women's Wellness



June

Men's Health



July

Regenerative Organic Farming



August

Back-to-School



September

Wellness Travel



October

Traditional World Medicine & Healing



November

EcoLiving | Homesteading



December

Uplifting Humanity

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2023 WHERE TO FIND US



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FOUND IN OVER 420 LOCATIONS THROUGHOUT NEW YORK CITY AND LONG ISLAND

REACH OUR AFFLUENT, WELL-EDUCATED AND HEALTH-CONSCIOUS READERS
WHO ARE EAGERLY SEEKING RESOURCES THAT WILL IMPROVE THEIR HEALTH AND WELL-BEING.

WITH WIDE DISTRIBUTION THROUGHOUT NEW YORK CITY
AND LONG ISLAND, *NATURAL AWAKENINGS* IS PICKED UP
EACH MONTH:



- WHOLE FOODS MARKETS
BTW 2ND/3RD/57TH
3RD/87TH
COMMACK
COLUMBUS/97TH
COLUMBUS CIRCLE
EAST HOUSTON
JERICHO
TRIBECA
UNION SQUARE



Stop&Shop®

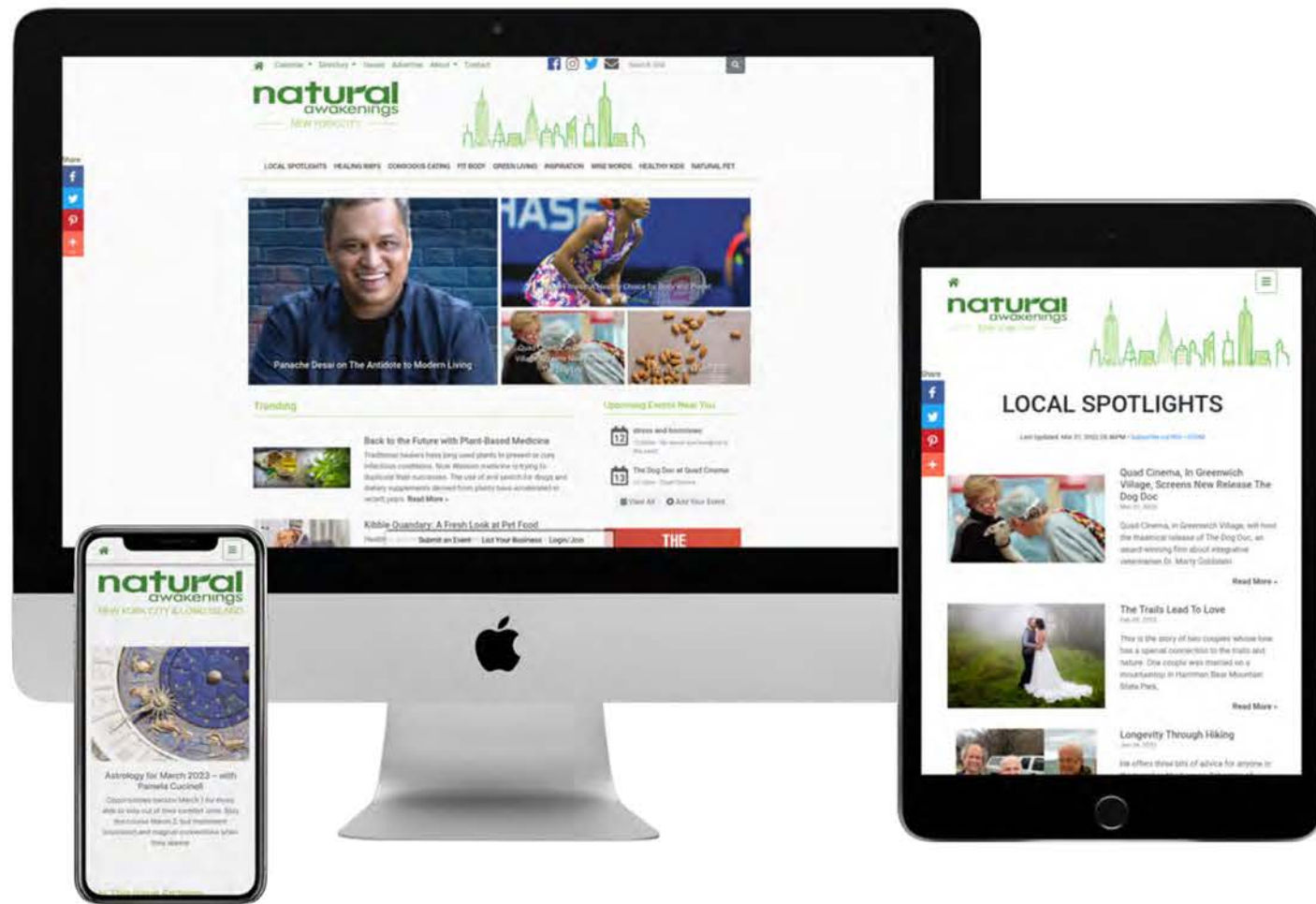
- 24 STOP&SHOP MARKETS | LONG ISLAND

- HEALTH FOOD STORES AND MARKETS
- FOOD CO-OPS
- VITAMIN AND HERB SHOPS
- RETAIL STORES
- GIFT SHOPS
- RESTAURANTS, CAFÉS AND COFFEE SHOPS
- HOLISTIC CLINICS AND CENTERS
- PRACTITIONER OFFICES
- GRAND CENTRAL PARTNERSHIP
- FITNESS CENTERS
- RECREATIONAL CENTERS
- SPAS & RETREAT CENTERS
- STREET SIDE BOXES
- NONPROFIT ORGANIZATIONS
- SCHOOLS AND EDUCATIONAL CENTERS
- NEWSSTANDS
- BOOKSTORES
- AND MANY OTHER LOCATIONS

PLUS, WE'RE AVAILABLE TO PARTICIPANTS AND ATTENDEES
OF SELECT HEALTH, WELLNESS, SUSTAINABILITY, PET AND
METAPHYSICAL LOCAL AND REGIONAL EXPOS AND CONFERENCES.

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2023 DIGITAL



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SOCIAL MEDIA SERVICES FOR PRINT ADVERTISERS

DIGITAL MAGAZINE AVAILABLE WORLDWIDE, 24/7

We integrate your print, editorial social and digital campaign to support your brand.

Your personalized content will be written in our voice and designed to promote your unique product, service or event.

We tag your Instagram accounts and add hashtags. Your Facebook posts are linked to your Facebook page, website and/or events. In addition, you have the freedom to further promote your business by posting on our Community Partner Facebook page; designed to provide the ultimate number of shares.

All social media services are included in each package advertising rate.

We'll personalize your business to reach the Natural Awakenings Community. Options are available to include Zoom and YouTube Webinars.

Healthy Living Healthy Planet

OUR MISSION


We aspire to resonate peace through every aspect of the organization. Our mission is to inspire our readers to live peaceful, energetic and joy-filled lives by leading physically, mentally, emotionally and environmentally balanced lifestyles while contributing to the well-being of humanity, animals and the planet.

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