

rates & specs

NATIONAL RATES

Rate Base: 1,500,000 CPM: \$92.13

4 Color/4 Color Bleed

Full Page	\$138,200
2/3 Page	\$105,970
1/2 Page	\$85,010
1/3 Page	\$62,660
1/6 Page	\$28,100

2 Color

Full Page	\$125,290
2/3 Page	\$95,290
1/2 Page	\$76,530
1/3 Page	\$56,390
1/6 Page	\$25,500

Black & White

Full Page	\$108,440
2/3 Page	\$83,140
1/2 Page	\$66,680
1/3 Page	\$49,160
1/6 Page	\$22,050

Covers

2nd	\$165,900
3rd	\$159,000
4th	\$179,800

Premium/Copy Split Charges

(Net production charges/
Non-commissionable)

Non Metallic 5th color	\$4,240
Metallic 5th color	\$7,000
Copy split	\$3,070
A/B Split	\$3,820

BRC/insert copy split \$500

Partial copy splits = full page cost

REGIONAL RATES

Available upon request.

Note: Rates & dates are subject to change.

CLOSING DATES & SPECS (Effective January 2009)

ISSUE	SPACE CLOSE/MATERIALS DUE	ON-SALE
January	10/20/08	12/9/08
February	11/20/08	1/13/09
March	12/19/08	2/10/09
April	1/20/09	3/10/09
May	2/20/09	4/14/09
June	3/20/09	5/12/09
July	4/20/09	6/9/09
August	5/20/09	7/14/09
September	6/19/09	8/11/09
October	7/20/09	9/15/09
November/December	8/20/09	10/13/09

	NON-BLEED	BLEED	BLEED-LIVE AREA	TRIM
2 Page Spread	15 1/4" x 10"	16" x 10 3/4"	15 1/4" x 10	15 3/4" x 10 1/2"
Full Page	7 3/8" x 10"	8 1/8" x 10 3/4"	7 3/8" x 10	7 7/8" x 10 1/2"
2/3 Page Vert.	4 3/4" x 10"	5 1/4" x 10 3/4"	4 1/2" x 10"	5" x 10 1/2"
2/3 Page Horiz.	7 1/4" x 6 1/2"	8 1/8" x 7"	7 1/4" x 6 1/4"	7 7/8" x 6 3/4"
1/2 Page Vert.	3 1/2" x 10"	4 1/8" x 10 3/4"	3 3/8" x 10"	3 7/8" x 10 1/2"
1/2 Page Horiz.	7 1/4" x 4 7/8"	8 1/8" x 5 3/8"	7 1/4" x 4 5/8"	7 7/8" x 5 1/8"
1/2 Pg. Horiz. Spd.	15 1/4" x 4 7/8"	16" x 5 3/8"	15 1/4" x 4 5/8"	15 3/4" x 5 1/8"
1/2 Page Digest	4 3/4" x 7"	5 1/4" x 7 1/2"	4 1/2" x 6 3/4"	5" x 7 1/4"
1/3 Page Vert.	2 1/4" x 10"	2 7/8" x 10 3/4"	2 1/8" x 10"	2 5/8" x 10 1/2"
1/3 Page Square	4 3/4" x 4 7/8"	5 1/4" x 5 3/8"	4 1/2" x 4 5/8"	5" x 5 1/8"
1/4 Checkerboard	3 1/2" x 4 7/8"	4 1/8" x 5 3/8"	3 3/8" x 4 5/8"	3 7/8" x 5 1/8"
1/6 Page Vert.	2 1/4" x 4 7/8"			
1/6 Page Horiz.	4 5/8" x 2 3/8"			

MATERIAL REQUIREMENTS

File Formats:

- Preferred format: PDF/X-1A
- Acceptable format: PDF

Instructions and tools required to create a PDF are available

— Please contact your Production Traffic Supervisor for details.

File Resolution Requirements:

- Vector (PDF/X-1A, PDF)
- 300 dpi/2400 dpi for Line Work

File Submission Site:

• Meredith Ad Express: <http://meredithadexpress.vioopen.com>
For 24 hour Ad Express assistance call 1-800-823-7363 (1-800-T-ADSEND) or email meredithhelp@adsend.com

Accepted Media: Only if requested

- CD-Rom (created using ISO-9660)
- DVD (created using ISO-9660)

For Production Questions &

Extensions contact: Jessica Boltnar at 515-284-2225-phone, 515-284-2709-fax, or email jessica.boltnar@meredith.com.

Send Supplied Content/Color

Proofs to: Meredith Image Center, Fitness (issue/date), 1716 Locust St., LS013, Des Moines, IA 50309. 515-284-2225.



material specifications

Live Matter Requirements:

- Set the offset setting to .167 when creating PDF/X-1A files so the standard trim, bleed and center marks are included but not in the "live" image area or "bleed" area.
- Single page ads should be built to 100% trim size with the marks & bleeds option turned on. If ad bleeds, extend bleed a minimum of 1/8" beyond trim. Keep live matter a minimum of 1/4" inside trim dimensions.
- Partial page ads should be built to 100% of their actual trim size with the marks & bleeds option turned on. If ad bleeds, extend bleed a minimum of 1/8" beyond trim. Keep live matter a minimum of 1/4" inside trim dimensions.
- All non-bleed ads should be built to 100% of the non-bleed specs.
- All Bleed Ads - Keep live matter a minimum of 3/8" inside the bleed dimensions on all four sides.
- Spread ads: keep live matter 1/4" away from each side of center or 1/2" total across the gutter. For spread ads with a headline crossing over the gutter, contact production department if the visual spacing between words or letter is critical.

Note: New files are required for ads that need type changes such as key-codes, addresses, phone numbers, etc. A corresponding color contract proof is required to show these changes.

File Specifications/General Guidelines:

- Do not apply style attributes to basic fonts.
- Include and/or embed all fonts, images/scans, logos and artwork.
- Do not nest PDF files in other PDF files.
- Do not nest EPS files in other EPS files.
- Use of illegal characters in file names will not be accepted (ie: &, /, -, ~, %, (,), #, \$, etc or anything after the extension).
- Limit File Name to 24 characters INCLUDING the extension.
- On 4/C ads, Pantone colors, other spot colors, and non-CMYK elements must be converted to CMYK.
- Four color solids should not exceed SWOP density of 300%.
- To create a rich black use 100% K and 60% C.
- Color type, reverse type and/or line art should not be less than .007 at the thinnest part of the character. Single color type should be no less than .004 at the thinnest part of the character.
- To avoid low-res (soft type) or 4/C black type, type should be built in Quark, Indesign or Illustrator and not within Photoshop.
- Reverse type should use a dominant color (usually 70% or more) for the shape of the letters. Where practical and not detrimental to the appearance of the job, make the type in the subordinate colors slightly larger to minimize register problems on the production press.
- All supplied materials intended for use in Meredith publications must be properly trapped and, when possible, image trapping should be represented in the accompanying SWOP proofs.

Proof Requirements:

Advertiser understands that if they do not supply a SWOP certified color proof with color bars or if they supply a color laser proof that Meredith cannot guarantee a color match to the supplied proof and will print to the supplied file.

- Supply a minimum of TWO composite SWOP certified proofs for color – American Baby requires THREE.
- Proofs must be made from supplied file.
- Proofs must be 100% of size.
- Proofs must be SWOP certified.
- For an up-to-date list of SWOP approved color proofs, please visit: www.swop.org.
- Color bars are required on all analog or digital halftone proofs. Color bars should include:
 - SWOP color bars at 100% size as found on SWOP website (above).
 - A solid and 25%, 50% and 75% tints of each process color.
 - Solid overprints.
 - At least one gray balance patch (cyan-50%, magenta and yellow 39%).
 - Two-color overprints at 25%, 50% and 75% are also recommended.
 - The color bar can be a GCA/GATF Proof Comparator, or a GATF/SWOP Proofing Bar or digital equivalent.
- Proofs must indicate the proofing product or system used, prepress supplier contacts and information showing conformance to the manufacturer's Application Data.
- Ad should be proofed on Publication grade stock except for More, Traditional Home and commercial work should be proofed on Commercial grade stock.
- Proofing systems requiring line screen – Publication Grade Stock use 133 line – Commercial Grade Stock use 150 line.

If the above guidelines are not met, the color and quality of print reproduction may vary. Proofs that are not SWOP compliant will be referenced for content only. Meredith will try to achieve a reasonable match to the supplied proof.

Retention of Materials:

Materials for all processes will be held for one year then destroyed, unless otherwise notified.

Meredith Corporation is a member of the DDAP Association and subscribes to and supports all digital exchange standards developed by CGATS/SC6, the accredited graphic arts standards committee.

Meredith Corporation

Advertising Terms and Conditions

The following are certain terms and conditions governing advertising published in FITNESS magazine (the "Magazine"). Submission of insertion order for placement of advertising in the Magazine constitutes acceptance of the following terms and conditions. No terms or conditions in any insertion orders, reservation orders, blanket contracts, instructions or documents other than this Rate Card will be binding on Meredith Corporation ("Publisher"), unless Publisher agrees to such terms and conditions in writing.

Agency Commission and Payment

1. Publisher may require payment for advertising upon terms determined by Publisher prior to publication of any advertisement.
2. Agency and advertiser are jointly and severally liable for the payment of all invoices arising from placement of advertising in the Magazine and for all costs of collection of late payment.
3. If an account is placed with a collection agency or attorney for collection, all commissions and discounts will be rescinded or become null and void and the full advertising rate shall apply.

4. Agency commission (or equivalent): fifteen percent (15%) of gross advertising space charges, payable only to recognized agents.

5. Invoices are rendered on or about the on-sale date of the Magazine. Payments are due within ten (10) days after the billing date, with the following exceptions. For all advertising not placed through a recognized agent, payments at Rate Card rates must be received no later than the issue closing date. Prepayment is required if credit is not established prior to ten (10) business days prior to the issue closing date. All payments must be in United States currency.

6. No agency commission is payable, and Publisher will not grant any discounts, on production charges. Any discounts received by advertiser on ad space charges may not be applied to production charges.

7. Advertiser shall pay all international, federal, state and local taxes on the printing of advertising materials and on the sale of ad space.

Cancellation and Changes

1. Publisher expressly reserves the right to reject or cancel for any reason at any time any insertion order or advertisement without liability, even if previously acknowledged or accepted. In the event of cancellation for default in the payment of bills, charges for all advertising published as of the cancellation date shall become immediately due and payable.

2. Advertisers may not cancel orders for, or make changes in, advertising after the issue closing date. Cancellation of orders or changes in advertising to be placed on covers, in positions opposite content pages, and for card inserts will not be accepted after the date thirty (30) days prior to the issue closing date. Cancellation of orders for special advertising units printed in the Magazine, such as booklets and gatefolds, will not be accepted after the date sixty (60) days prior to the issue closing date. In the event Publisher accepts cancellation after any of the foregoing deadlines, such acceptance must be in writing, and such cancellation may be subject to additional charges at Publisher's discretion.

3. The conditions of advertising in the Magazine are subject to change without notice. Publisher will announce ad rate changes thirty (30) days prior to the closing date of the issue in which the new rates take effect. Orders for subsequent issues will be accepted at the then-prevailing rates.

Circulation Guarantee

The Magazine is a member of the Audit Bureau of Circulation (ABC). The following rate base guarantee is based on the ABC's reported circulation for the Magazine averaged over the calendar year in which advertising is placed. Publisher guarantees circulation to national advertisers by brand of advertised product or service. In the event the audited twelve (12)-month average circulation does not meet the guaranteed rate base, Publisher shall grant rebates to the advertiser in ad space credit only, which must be used within six (6) months following the issuance of audited ABC statements for the period of shortfall. Rebates will be calculated based on the difference between the stated rate base at time of publication and the ABC audited 12-month average. Publisher does not guarantee circulation to regional advertisers, and regional circulations reported by the ABC are used by Publisher only as a

basis for determining the Magazine's advertising rates.

Publisher's Liability

1. Publisher is not liable for any failure or delay in printing, publishing, or circulating any copies of the issue of the Magazine in which advertising is placed that is caused by, or arising from, an act of God, accident, fire, strike, terrorism or other occurrence beyond Publisher's control.

2. Publisher is not liable for any failure or delay in publishing in the Magazine any advertisement submitted to it. Publisher does not guarantee positioning of advertisements in the Magazine, is not liable for failure to meet positioning requirements and is not liable for any error in key numbers. PUBLISHER WILL TREAT ALL POSITION STIPULATIONS ON INSERTION ORDERS AS REQUESTS. Publisher will not consider any objections to positioning of an advertisement later than six (6) months after the on-sale date of the issue in which the advertisement appears.

3. The liability of Publisher for any act, error or omission for which it may be held legally responsible shall not exceed the cost of the ad space affected by the error. In no event shall Publisher be liable for any indirect, consequential, special or incidental damages, including, but not limited to, lost income or profits.

Miscellaneous

1. Advertising agency and advertiser jointly and severally represent and warrant that each advertisement submitted by it for publication in the Magazine contains no copy, illustrations, photographs, text or other content that may result in any claim against Publisher. Advertising agency and advertiser jointly and severally shall indemnify and hold harmless Publisher from and against any damages and related expenses (including attorneys' fees) arising from the content of advertisements, including, but not limited to, claims of invasion of privacy, unauthorized use of names or pictures of living persons, trademark infringement, copyright infringement, libel and misrepresentation.

2. Publisher's acceptance of an advertisement for publication in the Magazine does not constitute an endorsement of the product or service advertised. No advertiser or agency may use the Magazine's name or logo without Publisher's prior written permission for each such use.

3. The word "advertisement" will be placed above all advertisements that, in Publisher's opinion, resembles editorial matter.

4. This agreement shall be governed by and construed in accordance with the laws of the State of Iowa without regard to its conflicts of laws provisions. Any civil action or proceeding arising out of or related to this agreement shall be brought in the courts of record of the state of Iowa in Polk County or the U.S. District Court for the Southern District of Iowa. Each advertiser and its agency consents to the jurisdiction of such courts and waives any objection to the laying of venue of any such civil action or proceeding in such courts.

Additional Copy and Contract Regulations

1. For advertising units less than full-page size, insertion orders must specify if advertisement is digest, vertical, square, or horizontal configuration. Insertion orders for all advertising units must state if advertisement carries a coupon.

2. Advertising units of less than 1/3 page size are accepted based on issue availability as determined by Publisher.

3. Requested schedule of issues of ad insertions and size of ad space must accompany all insertion orders. Orders and schedules are accepted for the advertising by brand of product or service only and may not be re-assigned to other products or services or to affiliated companies without the consent of Publisher.

4. Insert linage contributes to corporate page levels based on the ratio of the open rate of the insert to the open national P4C rate.

5. If a third party either acquires or is acquired by advertiser during the term of an insertion order, any advertising placed by such third party in an issue of the Magazine that closed prior to the date of the acquisition will not contribute to advertiser's earning discounts.

Rebates and Shortrates

Publisher shall rebate Advertiser if Advertiser uses more ad space than the quantity of space on which billed ad rates were based. Failure to use all such ad space shall result in higher ad rates. In such event, Advertiser will be shortrated and owe Publisher an additional sum based on the difference between the billed rates and higher rates.