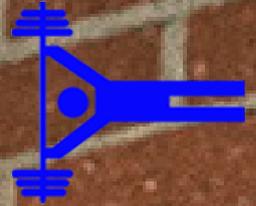
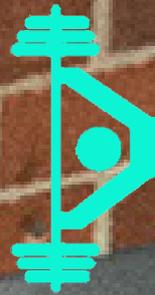




TRAIN LIKE A WARRIOR



**MEDIA
KIT
2021**



MISSION STATEMENT

Sustain Health Magazine is the essential news website for sport and fitness professionals.

To perform at the best of your abilities you need to know what the very latest and best apparel, nutrition and technology is available out there in aiding you to fulfill your goals.

This is where Sustain Health helps our readers, we are the first of its kind to bring the latest news regarding fitness and sport brand releases, product launches/reviews and celebrity interviews from the world of fitness and sport so you can make informed decisions at the drop of a hat.

We set our goals to align with your vision, and it's why we aim to inform you so you can be the first to know about fitness and sport brand apparel launches, athlete features, company news and more.

We not only promote the best sports and fitness apparel brands around the world but we also bring to the forefront the most up and coming innovative brands to aid you in sustaining your goals.

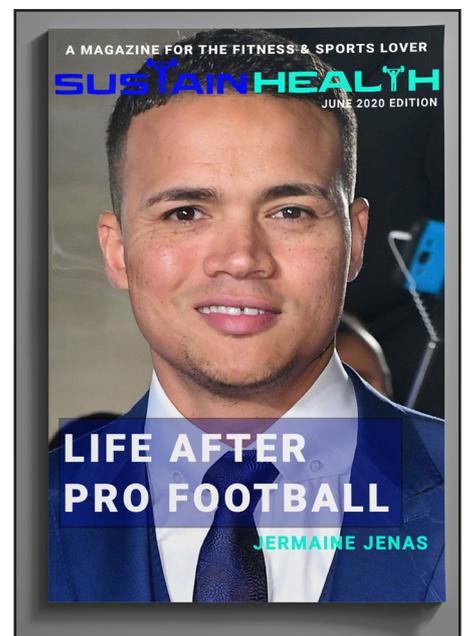
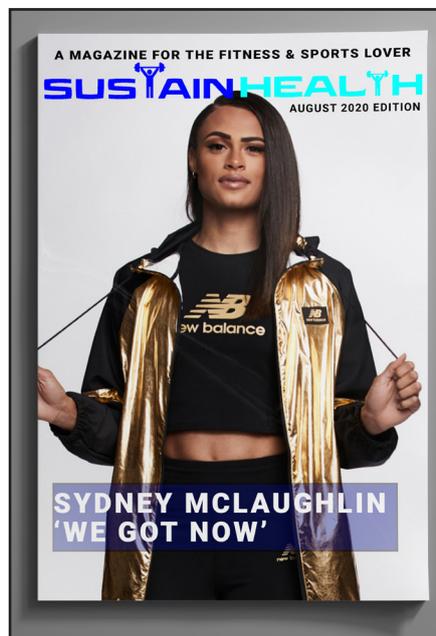
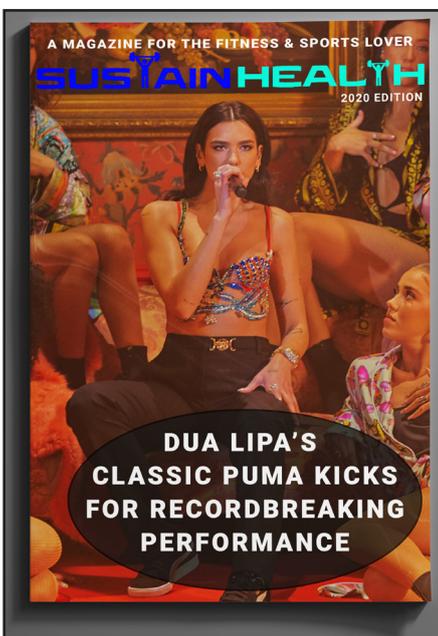
Whilst also bringing this information to you, we are also committed to our purpose and creating a better future for athletes and communities everywhere through sustainable innovation.

So, what differentiates us from the other media outlets out there, we hear you ask? The simple answer – all-inclusiveness – our editorial content isn't single sex orientated or age biased.

Every day, our journalists and network of influential figures seek the advice of the most trusted, experienced, and academically affiliated authorities in the fitness, sports, and nutritional sectors from across the British and international sporting landscape.

Make sure to sign up to our weekly newsletter which spreads the latest news, reviews, interviews and the occasional competition from the Sport and Fitness world.

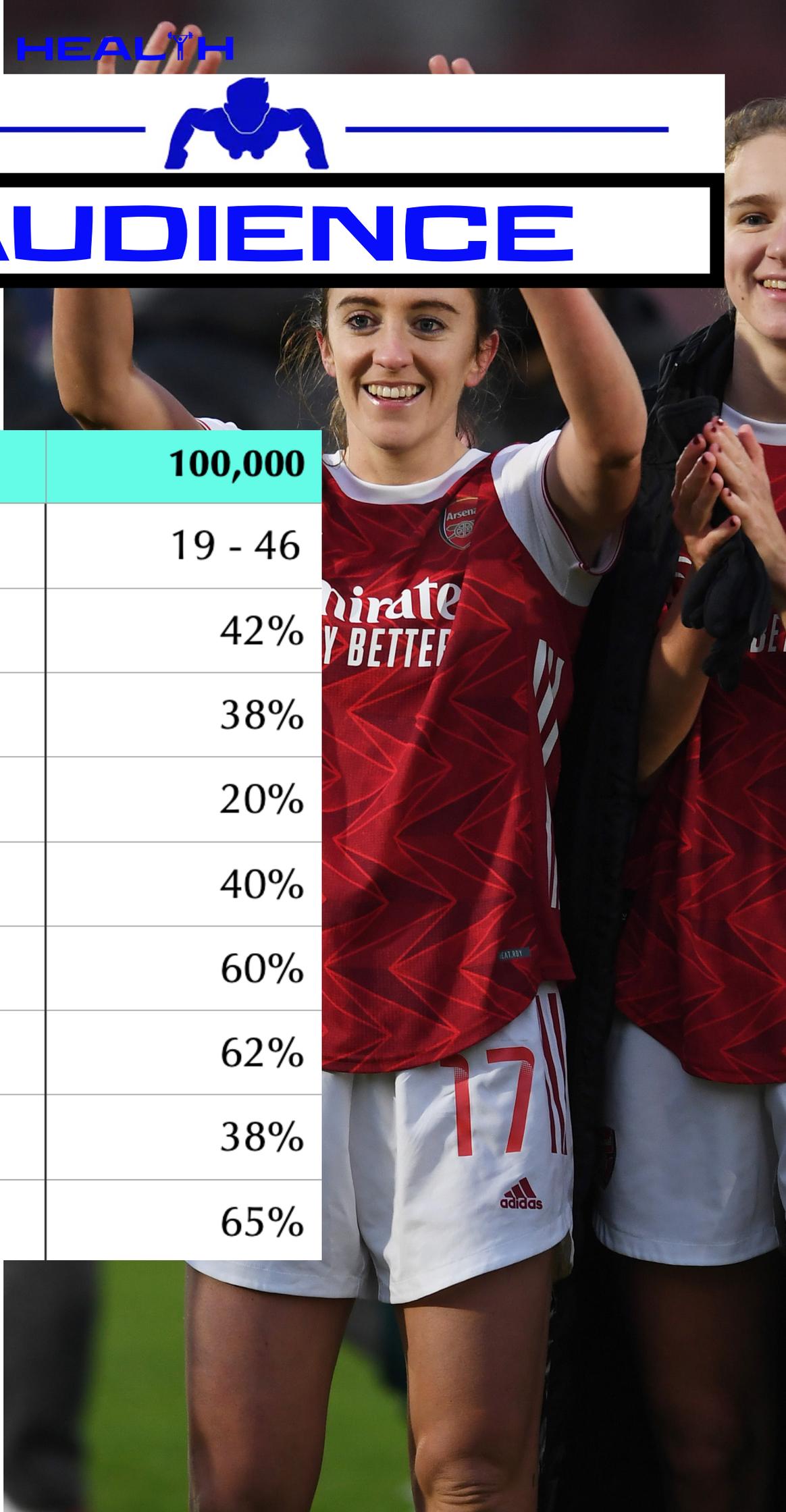
Sport and fitness has the power to transform and empower us all.





AUDIENCE

Total	100,000
Age Range	19 - 46
Men	42%
Woman	38%
Other	20%
Married	40%
Single	60%
Employed	62%
Managerial	38%
Own Home	65%



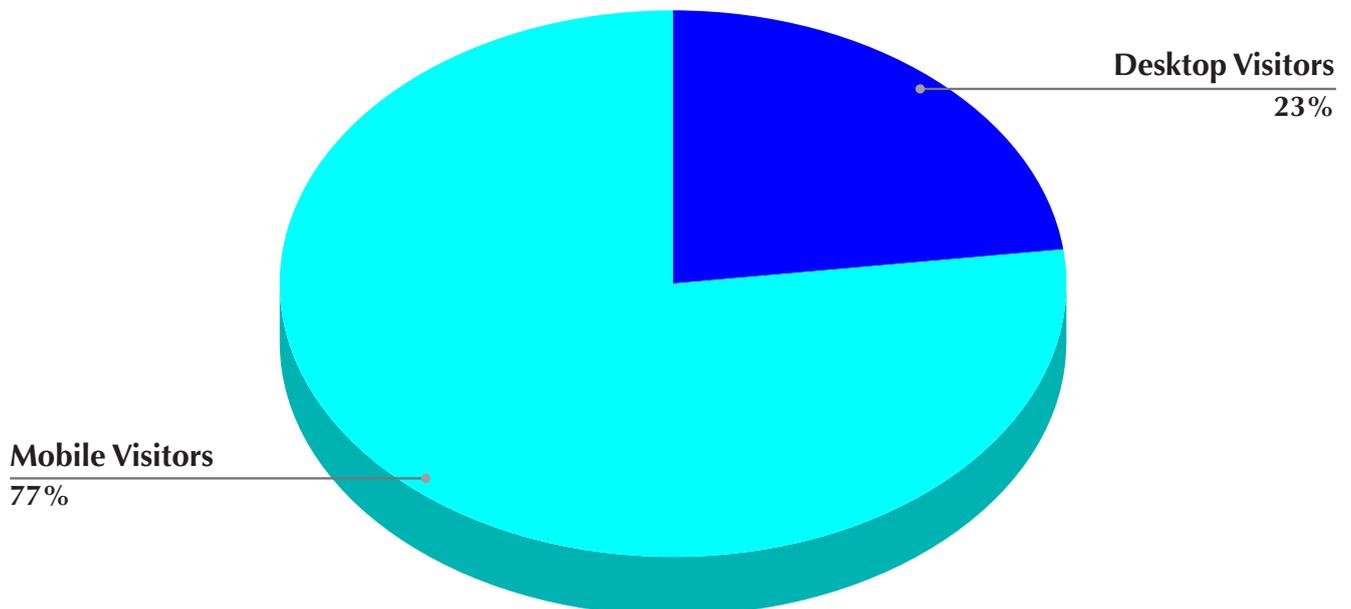


AUDIENCE CONT.

**1 IN 3
SEARCH
FOR
SPORTS
APPAREL**

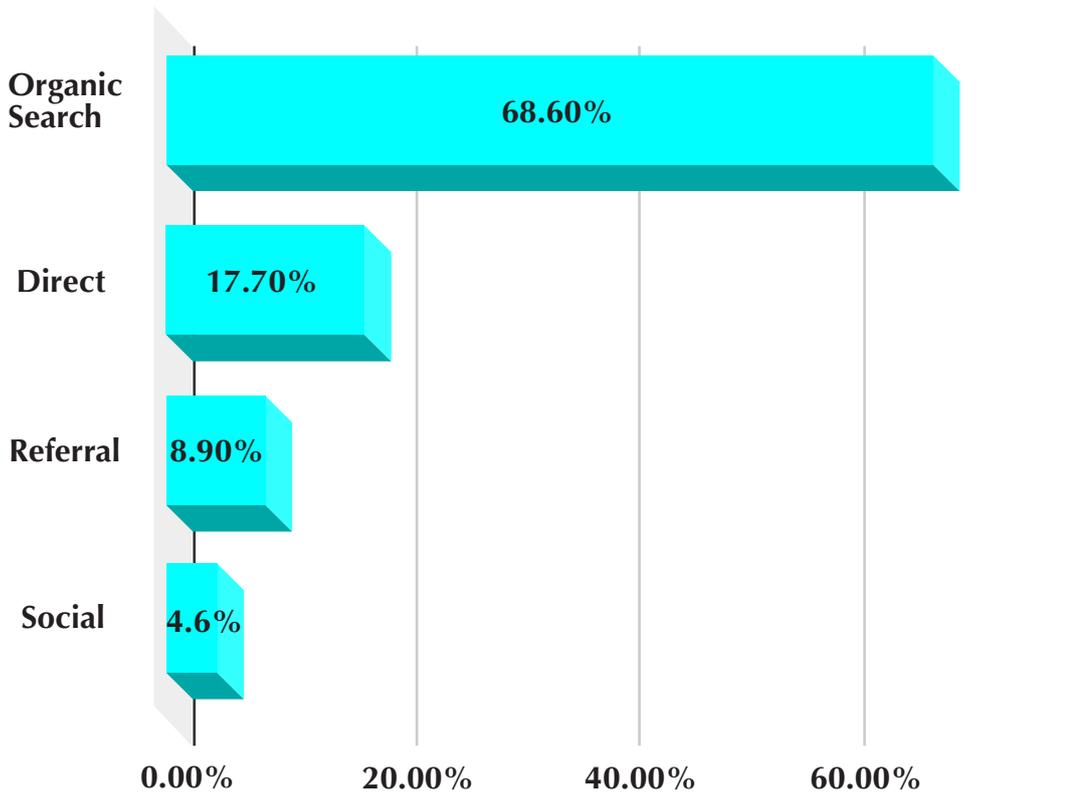
General Traffic	Monthly Unique Visitors
Web page	50,000
Apple News	70,000

14,000 SOCIAL MEDIA FOLLOWERS



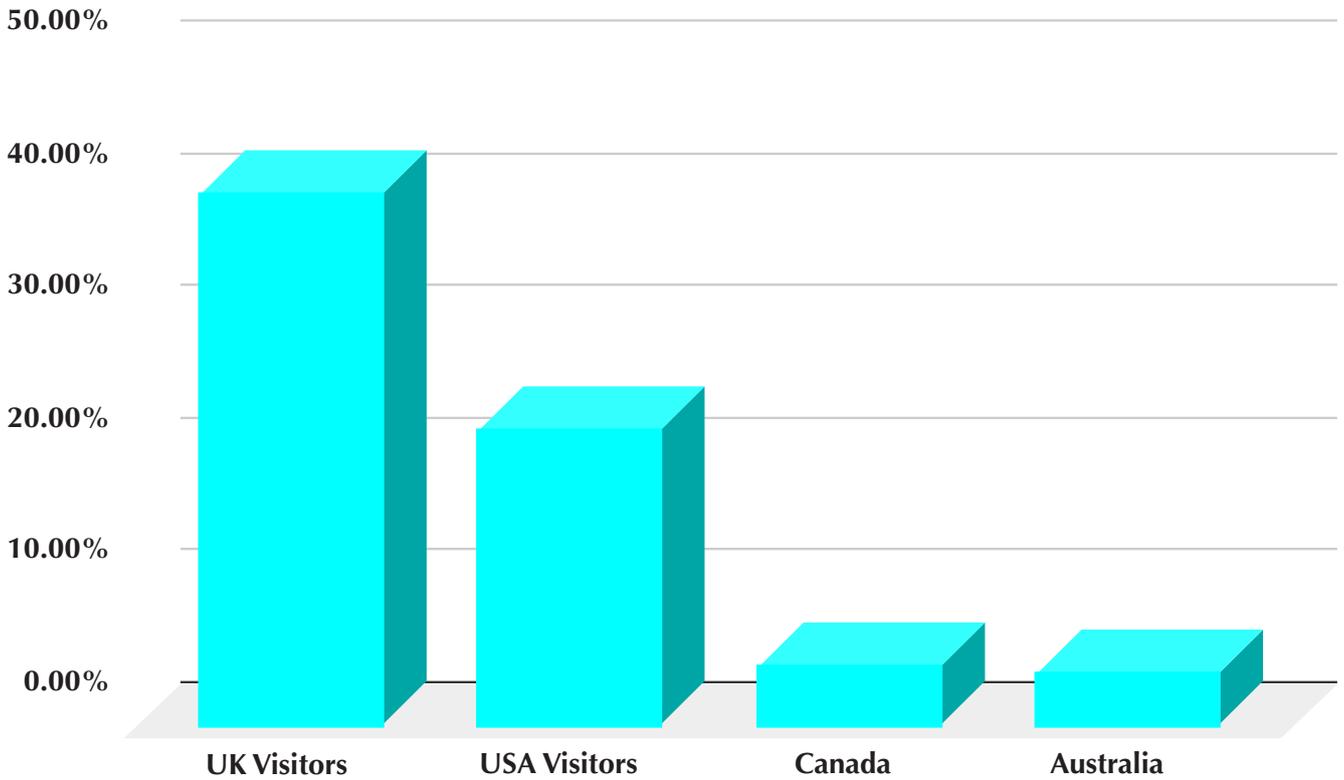


TRAFFIC CHANNELS

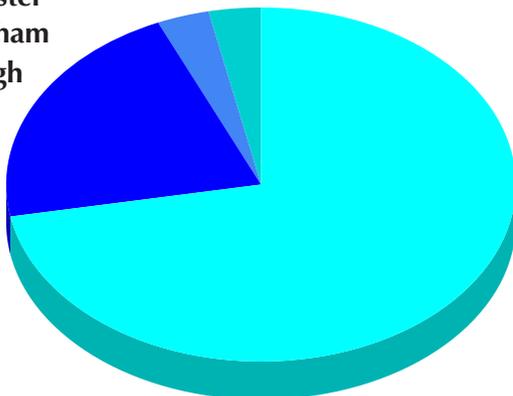




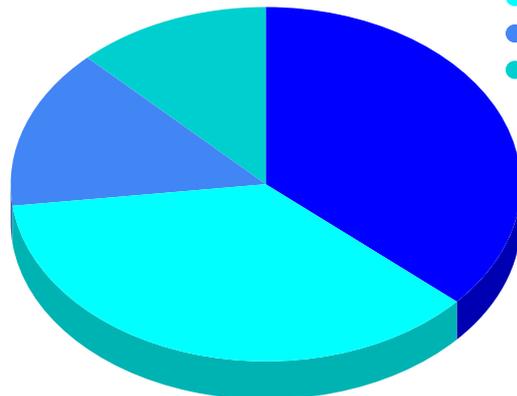
GEO LOCATION



- London
- Manchester
- Birmingham
- Edinburgh



- California
- New York
- Illinois
- Washington





BRANDING AND ADVERTISING

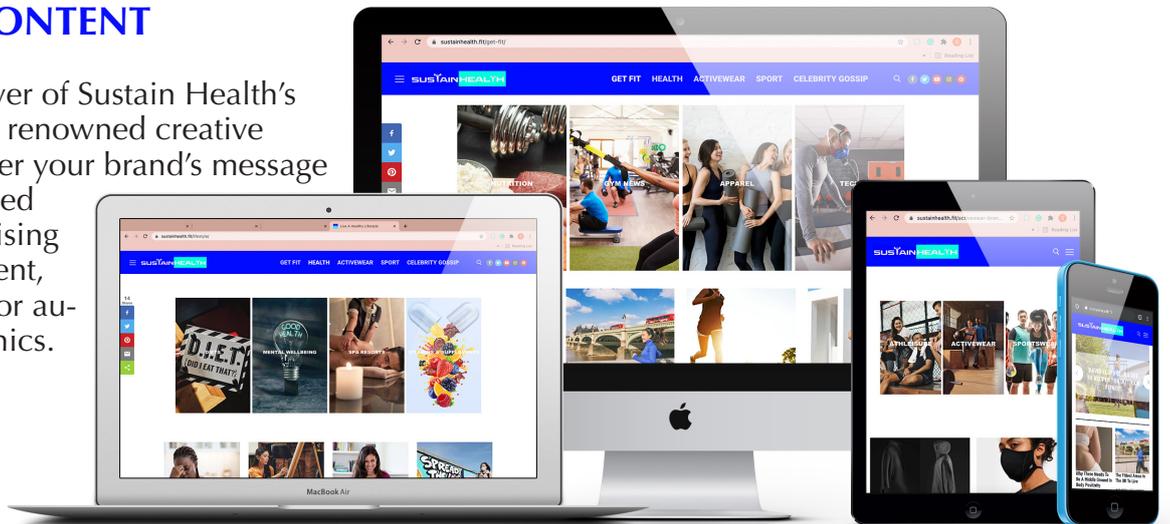
Sustain Health redefines how content is **created, distributed and consumed.**

Sustain Health brings original, compelling content to the web's most valuable audience.

From fitness, sports, nutrition & many more of our magazines drives influence across mobile, digital and social platforms.

BRANDED CONTENT

Leverage the power of Sustain Health's story storytelling, renowned creative expertise to deliver your brand's message to a highly engaged audience specialising in premium content, custom editorial or audio and infographics.



THE VOICE OF SPORTS BRANDS

Leverage the power of Sustain Health's story storytelling, renowned creative expertise to deliver your brand's message to a highly engaged audience specialising in premium content, custom editorial or audio and infographics.

CELEBRITY BRAND AWARENESS

Sustain Health reveals the stories on how celebrities look and feel so good through promoting their fitness regimes and latest products.



TRUSTED BRAND AWARENESS

A SELECTION OF BRANDS WE WORK WITH



BRANDING AND ADVERTISMENT

Advertising Banner Rates

Top lead

Top right side

Middle lead

Bottom right side

Bottom lead

Banners	Size (Approx.)	Price
Top lead	728 x 90	£700 pcm
Middle lead	728 x 90	£550 pcm
Bottom lead	728 x 90	£400 pcm
Top right side	160 x 600	£650 ppm
Bottom right side	160 x 600	£350 ppm



EDITORIAL TEAM

Sustain Health's editorial team, and external experts give every person the tools they need to make their lives better through in-depth, service-minded journalism.

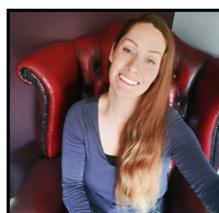
Our leading editorial content is brought to inspire you with performance solutions you weren't aware you even needed and could never imagine living without. It is our end goal to empower people to reach their full potential through providing the right tools and resources to accomplish any fitness goal, from improved training methods to health and nutritional advice to aid better performance.

Our reporting and features cover all things Fitness, Sports, Fitness Fashion, Gym Clubs, Health Resorts and Celebrity workouts from experts in their chosen fields to support your health and sporting journey and in doing so, embrace conversation within our communities.



Brad Shaw

Brad Shaw is an associate Fitness Editor for Sustain Health. Brad is also a Personal Trainer and former Platinum-Body company director. When not in the gym with clients working on strength and conditioning, Brad turns his attentions to helping even more people hit their fitness and health goals by finding all the latest news on exercises and branded products reviewing them for Sustain Health Magazine.



Nicola Elliott

Nicola Elliott is Sustain Health's Lifestyle and Health Editor. This media guru researches and reveals all her findings on the latest health and lifestyle brands and trends currently on the market Nationally and Worldwide.



Andy Devaney

Editor and all round media man (although some drop out the media part). Experienced within the realms of newspaper and magazine journalism for over 20+ years. Andy got into health and fitness in a big way shortly before his 40th birthday. After years of following fad diets and trying out different products to help aid his fitness programme Andy wanted to weed out the fact from the lies in products and fitness sectors to help people make the right choices so now writes about his finding for Sustain Health.



Lorraine Kelly

Lorraine Kelly is the Senior Fashion and Tech Editor for Sustain Health. Having had a long career in design Lorraine came to Sustain Health to take on the challenge of all things fashion and tech. She has a keen eye for spotting things that are a little bit out there... or as she puts it 'quirky' which is a great way to describe this fabulous asset to the Sustain Health family.



Stella Bigg

Stella Bigg is our Editorial Intern. Stella is a graduate in all things design and media with a passion for graphic perfection. She brings an abundance of youth on an amazingly mature set of shoulders and shows some of us 'oldies' a few new tricks.

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