

# E-NEWSLETTER Ad Specs 2018

## Newsletter Advertisements

- The *Experience Life* monthly newsletter is published on the 1st of the month. All ads must be delivered no later than the 20th of the preceding month.
- The weekly newsletter, *Pause*, is published every Saturday. All ads must be delivered no later than the preceding Tuesday.
- Digital ad contact for delivery:  
Laura Fogelberg,  
*Experience Life's* marketing manager  
(lfogelberg@  
experiencelife.com).

### Monthly

**EXPERIENCE LIFE**  
The #1 Authority on the Science of Health & Wellness

**EXPERIENCE LIFE**  
LIFE LESSONS  
"Every time I get out there, I feel a sense of peace and calm."  
—Helen, author of *Just Another Day*  
—Cynthia, PhD, MD

**Salads From Around the World**  
Crunchy, nutrient-packed salads from Mexico, India, France, and Italy  
[Read More](#)

**The Neurovascular Workout**  
Strengthen your mind while strengthening your muscles with this functional routine.  
[Read More](#)

**Classic Family Vacations**  
These nostalgic American destinations offer fun, adventure, and history to delight all travelers.  
[Read More](#)

[Read This Now!](#)

**Protein + Water FREE!**

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### Weekly

*Pause.*  
With  
**EXPERIENCE LIFE**

**9 Ways to Rejuvenate Your Microbiome**  
Here are some tips to protect and revitalize your microbial communities.  
f t [Read More](#)

**Expert Answers: How Do I Exercise With Gymnastic Rings?**  
Learn how to work out with ring exercises, which build upper-body strength and activate and strengthen your core muscles.  
f t [Read More](#)

**Glow and Grow: Q&A With Hello Glow's Stephanie Gerber**  
Mom blogger Stephanie Gerber tells us why she's so passionate about natural beauty products and wellness.  
f t [Read More](#)

[Read This Now!](#)

**EXPERIENCE LIFE**  
The #1 Authority on the Science of Health & Wellness

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### Weekly and Monthly Newsletter

Size	566 x 125 pixels
Resolution	72
Background	Non-white preferred
Border	Yes

Digital Rates	1x	3x	6x	10x
Weekly Newsletter	\$650	\$625	\$600	\$575
Monthly Newsletter	\$550	\$525	\$500	\$475