

ADVERTISING SPECIFICATIONS



We are only able to accept the following files:

Final files must be supplied in **CMYK PDF format with a minimum of 300 dpi** and created with Adobe Acrobat/Distiller.

All fonts must be embedded or converted to curves (paths).

The file must not contain any pantone spot colours. All spot colours must be converted to CMYK values before the advertisement is exported to a CMYK PDF.

- **Photoshop CS6** or less - only **CMYK.TIF, CMYK.EPS** or **CMYK.JPEG** - No PSD files will be accepted. For black and white advertisements, all Photoshop files must be converted to GREYSCALE 300dpi.
- **MAC Illustrator CS6** or less with all graphics and fonts supplied.
- **MAC InDesign CS6** or less with all graphics and fonts supplied.

COLUMN SIZES:

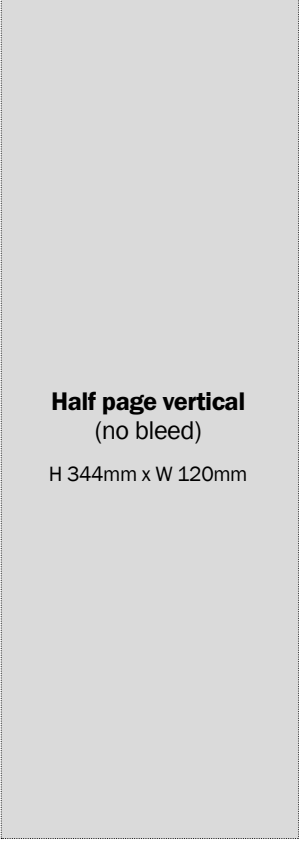
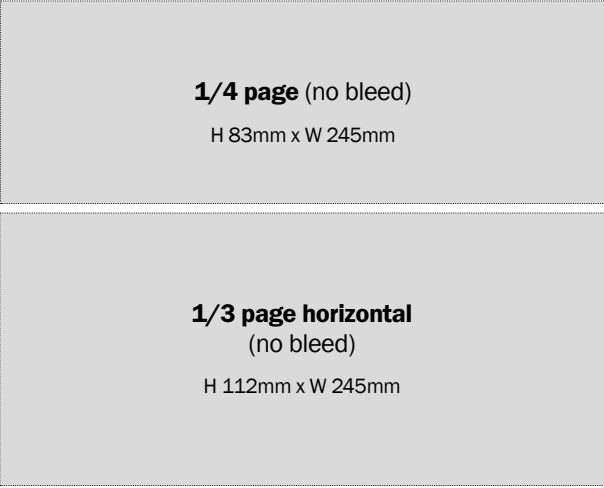
1 col = 58mm **2 col** = 120mm
3 col = 183mm **4 col** = 245mm

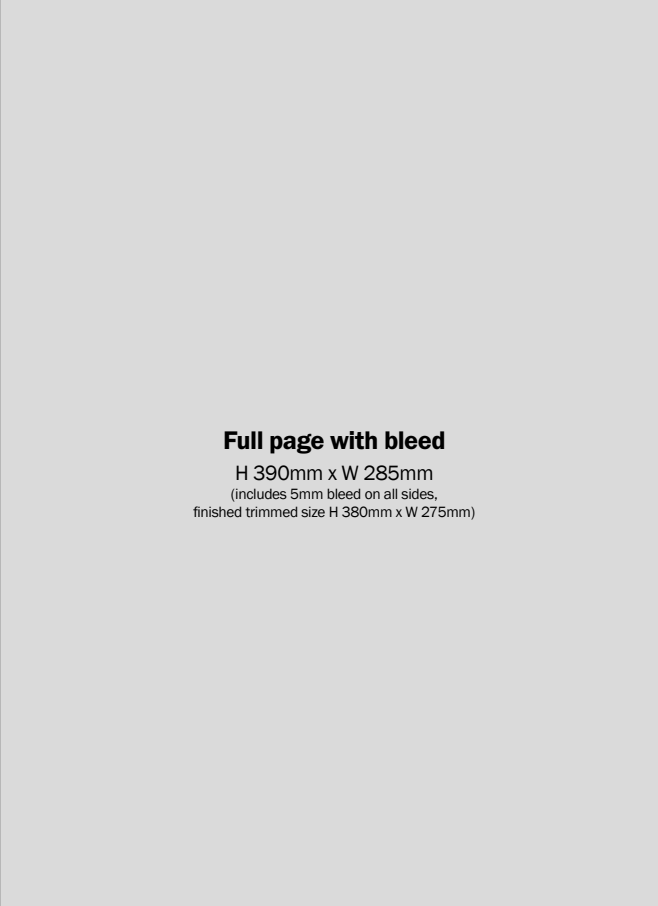
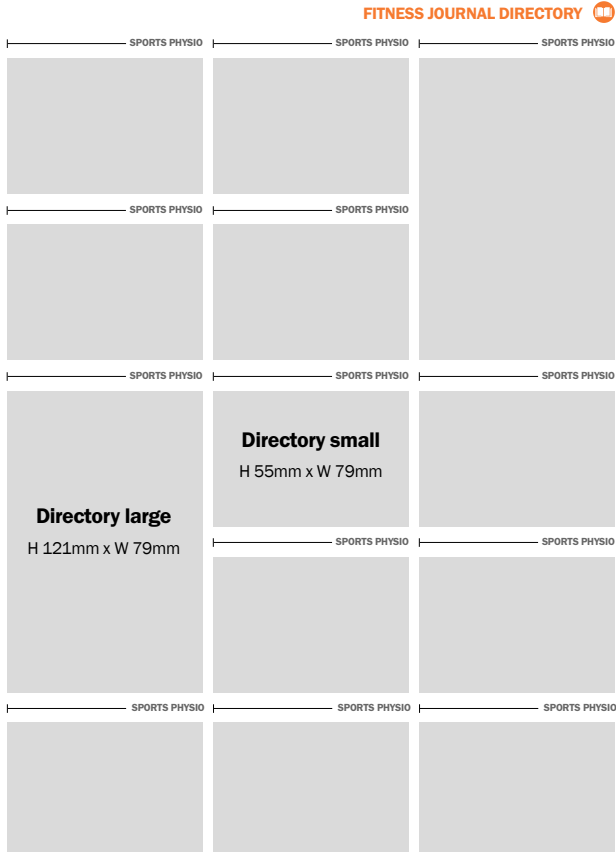
FITNESS JOURNAL ADVERT SIZES:

The diagram shows a page layout for Fitness Journal. At the top, the title 'FITNESS JOURNAL' is displayed in a large, light grey font, with the tagline 'HEALTH | PERFORMANCE | WELLBEING' underneath. Below the title, the text 'WAIKATO EDITION VOLUME #: ISSUE #' is visible. The main content area is a large grey rectangle. At the bottom of this area, a smaller grey rectangle is labeled 'Front page solus (no bleed)' with dimensions 'H 65mm x W 244mm'.

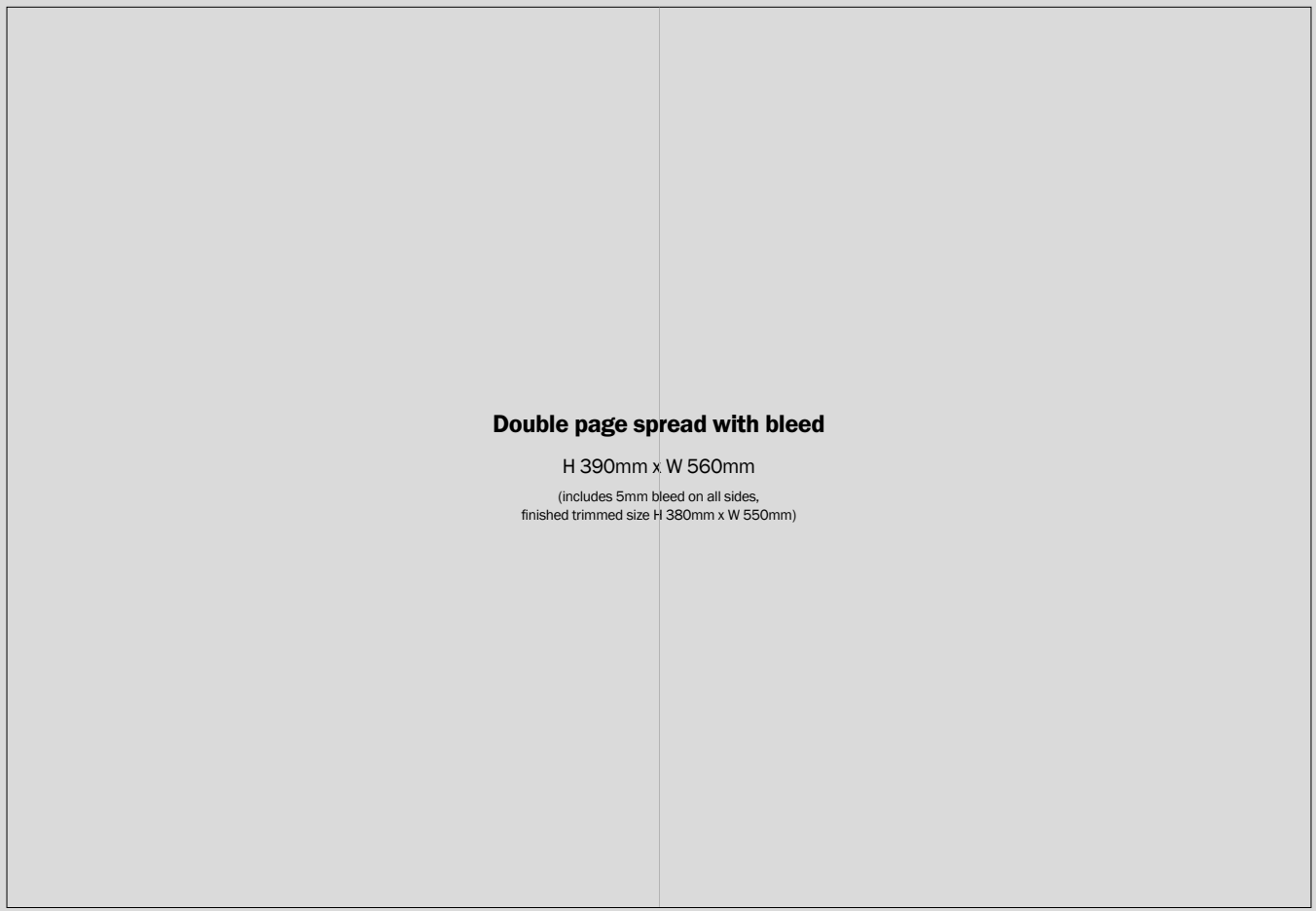
The diagram shows five different advertisement sizes on a page layout. Each size is represented by a grey rectangle with its dimensions and 'no bleed' status. The sizes are: 1. Full page (no bleed) with dimensions H 344mm x W 245mm. 2. 1/4 page (no bleed) with dimensions H 170mm x W 120mm. 3. 1/16 page (no bleed) with dimensions H 83mm x W 58mm. 4. 1/8 page (no bleed) with dimensions H 83mm x W 120mm. 5. 1/2 page horizontal (no bleed) with dimensions H 170mm x W 245mm.

FITNESS JOURNAL ADVERT SIZES:

 <p>Half page vertical (no bleed) H 344mm x W 120mm</p> <p>FITNESS JOURNAL</p>	 <p>1/4 page (no bleed) H 83mm x W 245mm</p> <p>1/3 page horizontal (no bleed) H 112mm x W 245mm</p> <p>FITNESS JOURNAL</p>
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 <p>Full page with bleed H 390mm x W 285mm (includes 5mm bleed on all sides, finished trimmed size H 380mm x W 275mm)</p>	 <p>FITNESS JOURNAL DIRECTORY</p> <p>SPORTS PHYSIO SPORTS PHYSIO SPORTS PHYSIO</p> <p>SPORTS PHYSIO SPORTS PHYSIO</p> <p>SPORTS PHYSIO SPORTS PHYSIO SPORTS PHYSIO</p> <p>Directory large H 121mm x W 79mm</p> <p>Directory small H 55mm x W 79mm</p> <p>SPORTS PHYSIO SPORTS PHYSIO</p> <p>SPORTS PHYSIO SPORTS PHYSIO SPORTS PHYSIO</p>
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FITNESS JOURNAL ADVERT SIZES:



Double page spread with bleed

H 390mm x W 560mm

(includes 5mm bleed on all sides,
finished trimmed size H 380mm x W 550mm)