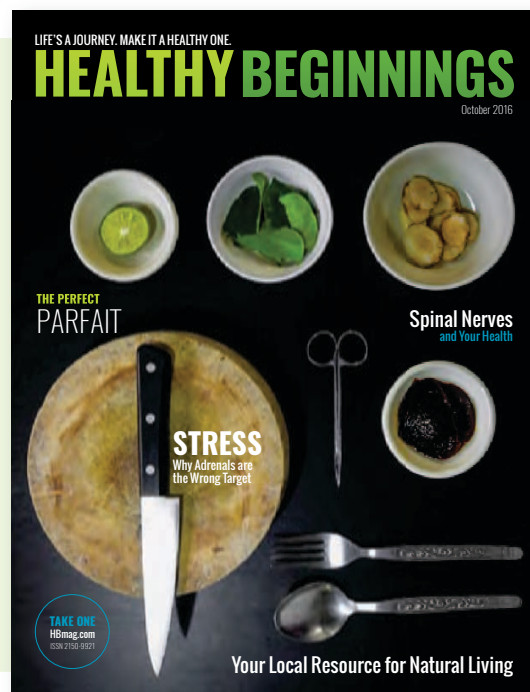


LIFE'S A JOURNEY. MAKE IT A HEALTHY ONE.

# HEALTHY BEGINNINGS

**Healthy Beginnings** is the lifestyle magazine dedicated to informing and educating today's intellectual, knowledge-driven society that seeks the latest facts and trends to achieve a healthy lifestyle.

This informative, monthly magazine gives readers unbiased options covering the most up-to-date trends, alternative choices, ideas, and solutions for a happier, more fulfilling life.



**Healthy Beginnings** features the latest news and information on...

## Healthy Body - *Fitness & Nutrition*

- Body Work
- Detoxification
- Fitness
- Meditation / Yoga
- Natural Beauty
- Nutrition
- Stress Therapy

## Healthy Mind - *Brain Health / Spirituality*

- Astrology
- Communication
- Emotional Well-being / Psychology
- Fitness
- Metaphysics
- Nutrition
- Quantum Physics
- Spirituality
- Stress Therapy

## Healthy Community - *Relationships & Lifestyle*

- Conscious Wealth
- Education
- Gardening
- Pets
- Relationships
- Renewable Resources
- Reviews
- Spirituality
- Stress Therapy

## Natural Solutions - *Holistic Therapies*

- Alternative
- Astrology
- Brain Health
- Chiropractic
- Dental
- Family Health
- Health Alerts
- Healthy Tips
- Natural Health
- Nutrition
- Physical Therapy
- Remedies
- Spas



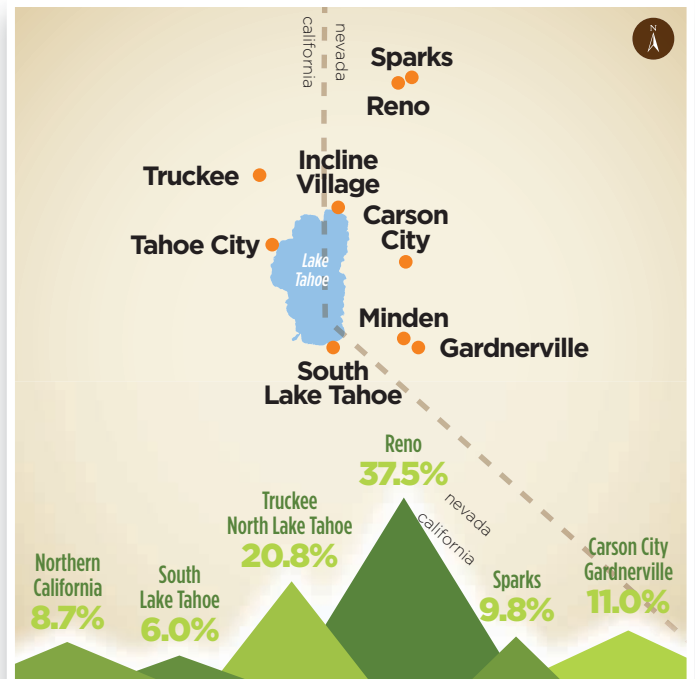
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# HEALTHY BEGINNINGS

## Circulation & Distribution

Healthy Beginnings is distributed at hundreds of locations throughout Northern Nevada and Eastern California reaching thousands of readers each month.

**15,000** copies every month  
**+ 600** locations throughout two states  
**= 180,000** copies annually



### Available at:

- Auto Centers
- Coffee Shops
- Schools, Colleges & Universities
- Day Spas
- Dental Offices
- Doctors' Offices
- Executive Suites
- Fitness Centers & Gyms
- Health Food Stores
- Health Practitioners
- Hospitals
- Juice Bars
- Libraries
- Restaurants
- Retail Stores
- Salons
- Training Centers
- Veterinary Clinics
- Whole Foods

## Online / Social Media

Follow our continued expansion into the digital world! We feature each issue online in digital format along with daily updates, a complete archive of past issues, as well as guest bloggers and much, much more!

Website  
**22,000+**  
Page Views Monthly

Facebook  
**2,300+**  
Likes

Twitter  
**1,900+**  
Followers

Pinterest  
**600+**  
Followers



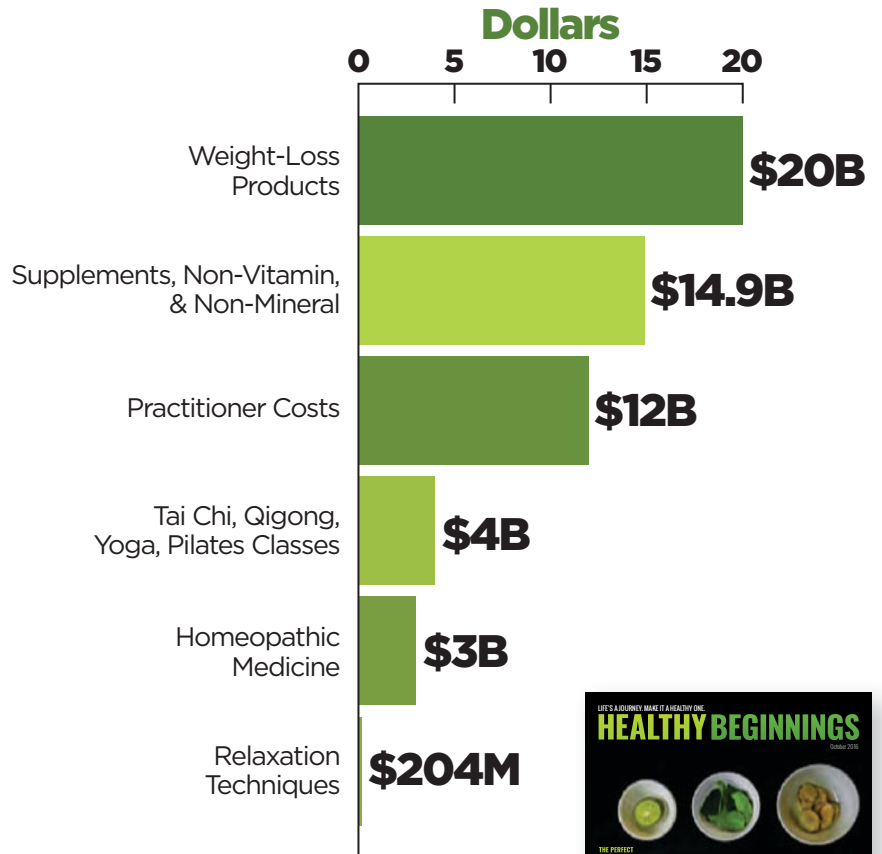
LIFE'S A JOURNEY. MAKE IT A HEALTHY ONE.

# HEALTHY BEGINNINGS

Alternative Health Care is now a

**\$34**  
Billion Dollar market

Healthy Beginnings is your locally-based path to reach your share of this rapidly growing consumer base. We give you the key to reach an audience that is actively and aggressively searching for the healthy products and services you provide. Advertise your business with one of the few local publications that is focused on health and wellness.



## Healthy Beginnings Readers Are:

- Well-educated with a household income in excess of \$100,000 annual.
- Actively seek the products and services that will improve, maintain and restore their overall well-being.
- Willing to invest in therapies and products that promote a healthy lifestyle.
- Value-oriented consumers not motivated by insurance, but are used to paying out-of-pocket for healthy, alternative choices.
- Environmentally concerned for their indoor and outdoor ecosystems.
- A diverse, multi-cultural population which is predominantly women aged from their late twenties to early seventies.

