



fitness

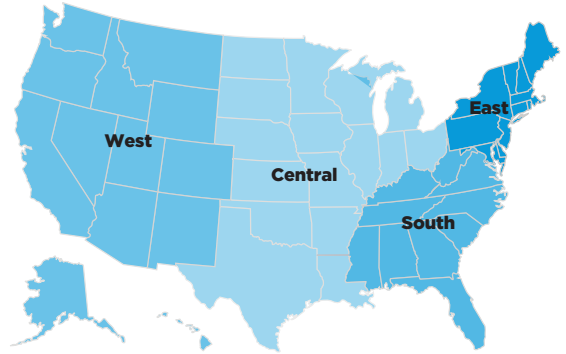
www.TravelMeredith.com

2010

NATIONAL TRAVEL RATES

CIRCULATION: 1,500,000

UNIT SIZE	NATIONAL RATE
Spread	\$284,600
Full Page	142,300
2/3 Page	109,150
1/2 Page	87,560
1/3 Page	64,540



REGIONAL CIRCULATION

East: 341,500
 South: 281,000
 Central: 510,000
 West: 367,500

REGIONAL TRAVEL RATES

4-COLOR	TRAVEL EAST	TRAVEL SOUTH	TRAVEL CENTRAL	TRAVEL WEST
Spread	\$79,710	\$65,670	\$110,300	\$82,920
Full Page	39,860	32,840	55,160	41,460
2/3 Page	30,320	24,980	41,960	31,530
1/2 Page	24,350	20,050	33,680	25,320
1/3 Page	17,960	14,790	24,850	18,680
4 inches	5,210	4,300	7,210	5,420

Rates and Circulation are subject to change.

ISSUES & CLOSING DATES

ISSUE	AD CLOSE	ON SALE
January	Nov 2, 2009	Dec 22, 2009
February	Dec 1, 2009	Jan 26, 2010
March	Jan 1, 2010	Feb 23, 2010
April	Feb 1, 2010	Mar 23, 2010
May	Mar 1, 2010	Apr 27, 2010
June	Apr 1, 2010	May 25, 2010
July/August	May 3, 2010	June 29, 2010
September	July 1, 2010	Aug 24, 2010
October	Aug 2, 2010	Sept 28, 2009
November/December	Sept 1, 2010	Oct 26, 2010

Dates are subject to change.