2015 MEDIA KIT









AmericanProfile



MAY 3 CLOSING - 3/26/15 | MATERIALS DUE - 3/31/15

HELPING MOM GET HEALTHY

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Gardening Gear

Beauty: Spring Beauty Fixes

Doc Talk: Hiccups

How I Save On: Moving

Kids' Table: Teacher Appreciation Week Ideas

One Smart Move: Simple Fitness Tip

Pet Parenting: Pet Allergies

Stav Well Kit: Walkina

Geek Speak: Mobile Phone Accessories

Community Potluck: Orzo Salad My Favorite Dish: Very Berry Salad

Ready Set Shop: Shopping List for Everything

in the Issue

MAY 17 CLOSING - 4/9/15 | MATERIAL DUE - 4/14/15

MEMORIAL DAY MAKEOVER

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Composting 101

Beauty: Perfect Eyeliner Tips

Doc Talk: Doing Laundry Hurts My Back

How I Save On: Glasses & Contacts

Kids' Table: Last Minute Ideas for

Summer Activities

One Smart Move: Simple Fitness Tip Pet Parenting: DIY Pet First Aid Kit Stay Well Kit: Suncare - New Products

Geek Speak: International Travel Phone Tips

My Favorite Dish: From a Reader Ready Set Shop: Shopping List

JUNE



JUNE 7 CLOSING - 4/30/15 | MATERIALS DUE - 5/5/15

FATHER'S DAY PICNIC

Talk of the Table: News and Views from Celebs Good Life Guide:

Around the House: Flag Etiquette **Beauty: Bad Day Hair Solutions**

Doc Talk: Sleep Tips for Night Shift Workers

How I Save On: Salon Services Kids' Table: Summer Reading Programs One Smart Move: Simple Fitness Tip Pet Parenting: Car Trips With Pets Stay Well Kit: Outdoor Camping Geek Speak: Gardening Apps My Favorite Dish: Schlap Happy Bars

Ready Set Shop: Shopping List

JUNE 21 CLOSING - 5/14/15 | MATERIALS DUE - 5/19/15

4TH OF JULY CRAFTS & FOOD

Talk of the Table: News and Views from Celebs Good Life Guide

Beauty: Travel Beauty Bag Essentials Doc Talk: Unexpected Hair Loss How I Save On: Lawn Care

Kids' Table: Kids 1st Time Home Alone One Smart Move: Simple Fitness Tip Pet Parenting: Summer Coat Care

Stay Well Kit: Water Parks

Geek Speak: Apps to Train Your Memory My Favorite Dish: Gulf Coast Capri Salad Smart Shortcut: Dinner From a Can of Tuna

Ready Set Shop: Shopping List

JUIY



JULY 5 CLOSING - 5/28/15 | MATERIALS DUE - 6/2/15

SUMMER BIRTHDAY PARTY IDEAS

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Screen Porch Decor.

Beauty: Bronzers

How I Save On: Last Minute Summer Travel

Kids' Table: DIY Backyard Games One Smart Move: Simple Fitness Tip Pet Parenting: Car Safety for Pets Stav Well Kit: Beach Basics My Favorite Dish: From a Celeb

Smart Shortcut: Quiche from Tortillas Ready Set Shop: Shopping List

JULY 19 CLOSING - 6/11/15 | MATERIALS DUE - 6/16/15

SUMMER BLOCK PARTIES

Talk of the Table: News and Views from Celebs Good Life Guide

Beauty: Melt-Proof Makeup Doc Talk: Soothe a Sunburn How I Save On: Air Conditioning Bills One Smart Move: Simple Fitness Tip Pet Parentina: Exercisina with Your Doa Stav Well Kit: How to Stav Cool Geek Speak: Jogging Arm Bands

for Cell Phones

My Favorite Dish: From a Reader Ready Set Shop: Shopping List

AUGUST



AUGUST 2 CLOSING - 6/25/15 | MATERIALS DUE - 6/30/15

GEAR UP FOR BACK TO SCHOOL

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Front Porch Refresh Beauty: Humidity-Proof Hair Products

How I Save On: Kids Shoes

Kids' Table: SuperHero Family Movie Night One Smart Move: Simple Fitness Tip Stay Well Kit: Road Trip Wellness

Geek Speak: Ways to Keep Track of Passwords

My Favorite Dish: From a Celeb Smart Shortcut: No-Cook Dinners Ready Set Shop: Shopping List

AUGUST 16 CLOSING - 7/9/15 | MATERIALS DUE - 7/14/15

BACK-TO-SCHOOL FOOD PLANNING

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Create Curb Appeal **Beauty:** Anti-Aging Innovations Doc Talk: Teen Health Myths & Facts How I Save On: Dorm Room Must-Haves One Smart Move: Simple Fitness Tip Pet Parenting: Does Your Dog Need To Go Back To Obedience School? Stay Well Kit: Fighting Bug Bites Geek Speak: 3 Tips to Prolong Your Cell Phone Battery

Community Potluck: Labor Day Picnic Ideas My Favorite Dish: From a Reader Ready Set Shop: Shopping List

SEPTEMBER



SEPTEMBER 6 CLOSING - 7/30/15 | MATERIALS DUE - 8/4/15

TAILGATING TIME

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Home Office Refresh Beauty: Fall Colors for Eyes and Lips

Doc Talk: Men's Health

How I Save On: Health Essentials Kids' Table: How to Handle Lying One Smart Move: Simple Fitness Tip Pet Parenting: How to Choose a Dog

or Cat Collar

Stay Well Kit: Healthy School Stock-Up Geek Speak: Boost Your Laptop's Speed Community Potluck: Salad Favorite

My Favorite Dish: From a Celeb Smart Shortcut: School Lunch Ideas Ready Set Shop: Shopping List

SEPTEMBER 20 CLOSING - 8/13/15 | MATERIALS DUE - 8/18/15

AMAZING DOGS

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Best New Laundry Helpers **Beauty: Perfect Eyeliner Tips**

How I Save On: Stocking the Pantry

Kids' Table: Encourage Your Child to Sing

One Smart Move: Simple Fitness Tip

Stay Well Kit: Race Day Checklist for 5k Season Geek Speak: Apps to Help with Budgeting

Community Potluck: Pasta for a Crowd My Favorite Dish: From a Reader Ready Set Shop: Shopping List

OCTOBER



OCTOBER 4 CLOSING - 8/27/15 | MATERIALS DUE - 9/1/15

BIRTHDAY PARTY IDEAS

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: How to Clean your

Cleanina Tools

How I Save On: Game Day Snacks Kids' Table: Teaching Dental Care One Smart Move: Simple Fitness Tip Pet Parenting: Best New Dog & Cat Treats Geek Speak: Digital Help for Meal Planning Community Potluck: Slow Cooker Favorite

My Favorite Dish: From a Celeb Ready Set Shop: Shopping List

NOVEMBER



NOVEMBER 1 CLOSING - 9/24/15 | MATERIALS DUE - 9/29/15

VETERANS DAY KINDNESS PROJECT

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Cold Weather Car Checklist

Beauty: Hair Primers

Doc Talk: Holiday Weight Strategies How I Save On: Cold-Weather Gear Kids' Table: Quick Breakfast Ideas One Smart Move: Simple Fitness Tip Stay Well Kit: Stress-Busting Yoga Moves

My Favorite Dish: From a Celeb Ready Set Shop: Shopping List

DECEMBER 6 CLOSING - 10/29/15 | MATERIALS DUE - 11/3/15

CHRISTMAS DIY PROJECTS

Talk of the Table: News and Views from Celebs Good Life Guide

DECEMBER

Around the House: DIY Christmas Wreath

Beauty: Updos to Try How I Save On: Hostess Gifts

Kids' Table: Best New Kid's Books One Smart Move: Simple Fitness Tip Pet Parenting: Stocking Stuffers for Good

Doas & Cats

Stay Well Kit: Cold Weather Driving Checklist Community Potluck: Hanukkah Recipes

My Favorite Dish: From a Celeb Ready Set Shop: Shopping List

OCTOBER 18 CLOSING - 9/10/15 | MATERIALS DUE - 9/15/15

HALLOWEEN CRAFTS & SWEETS

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Indoor Succulent Garden Beauty: The Only 3 Makeup Brushes You Need

Doc Talk: Teeth Whitening How I Save On: Fall Plantings One Smart Move: Simple Fitness Tip Pet Parenting: Pet Etiquette Q&A

Community Potluck: Slow Cooker Favorite My Favorite Dish: From a Reader Smart Shortcut: Jarred Pasta Sauce

Ready Set Shop: Shopping List

NOVEMBER 15

CLOSING - 10/8/15 | MATERIALS DUE - 10/13/15

THANKSGIVING RECIPES & DECOR

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Napkin Folding Primer

Beauty: Pore Minimizers How I Save On: Holiday Cards Kids' Table: How to Handle Tantrums One Smart Move: Simple Fitness Tip Pet Parenting: Cold Weather Gear for Dogs

Geek Speak: Apps for Black Friday My Favorite Dish: From a Reader

Ready Set Shop: Shopping List

DECEMBER 20

CLOSING - 11/12/15 | MATERIALS DUE - 11/17/15

KINDNESS SPOTLIGHT

Talk of the Table: News and Views from Celebs Good Life Guide

Around the House: Storing Holiday Decor Beauty: BB & CC Creams Tested How I Save On: Stocking Stuffers Kids' Table: Bedtime Strategies

One Smart Move: Simple Fitness Tip

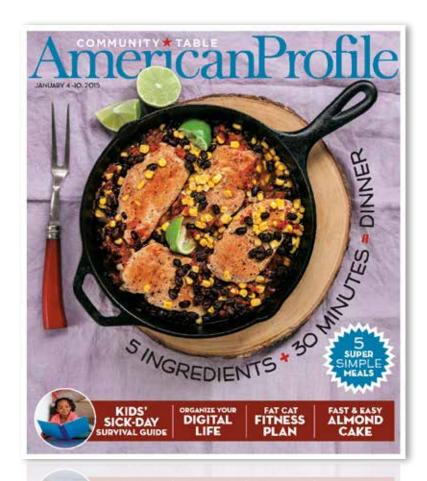
Community Potluck: New Year's Eve Appetizers My Favorite Dish: From a Reader

Smart Shortcut: Canned Veaetables Ready Set Shop: Shopping List

2015 reader profile

American Profile

Family, friends and community - these are the heart of hometowm America. Timed to seasonal shopping weeks, American Profile's Community Table offers value-minded, busy families simple solutions for making everyday life easier, more meaningful and more fun.



MEDIAN AGE: 46.6

MEDIAN HHI: \$54,252

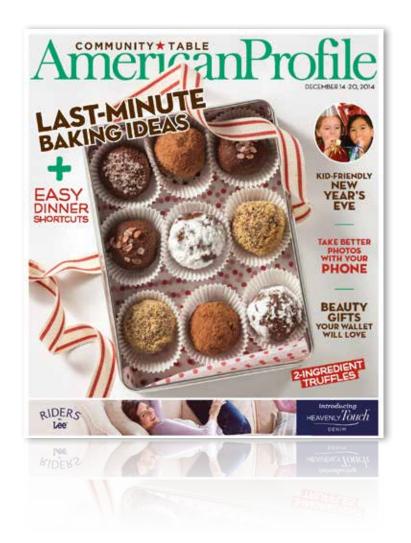
	(000)	%COMP	INDEX
FEMALE	10,917	70	135
MARRIED	9,134	58.6	110
ANY CHILDREN	5,820	37.3	95
ANY COLLEGE+	8,382	53.7	94
OWN HOME	11,054	70.9	108
EMPLOYED	9,375	60.1	100
LIVE IN C OR D COUNTIES	12,146	77.9	272

Source GfK MRI Spring 2014, Publisher's Prototype

2015 rate Card

American Profile

EFFECTIVE: JANUARY 2015 | CIRCULATION: 6 MILLION



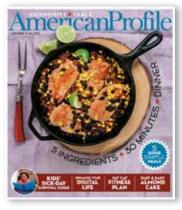
UNIT	4C	B/W
FULL PAGE	\$246,700	\$209,700
M PAGE	\$203,500	\$173,000
1/2 PAGE	\$148,000	\$125,800
2/5 PAGE	\$129,300	\$109,900
3/10 PAGE	\$97,100	\$82,400
1/4 PAGE	\$80,800	\$68,700
COVER 2 OR 3	\$271,400	
BACK COVER	\$296,100	

Gross rates subject to change.

2015 print ad specifications

AmericanProfile

AMERICAN PROFILE'S COMMUNITY TABLE, ATHLON SPORTS, PARADE, RELISH and SPRY LIVING are press delivered, non-bleed magazines. Trim size is 8.250 x 9.375 inches. The full "live area" is 8.000 x 9.125 inches. There is a .125-inch non-print area outside of the live area.











Parade Specs Effective July 2015.

*Unit must run on the same spread opposite a Full Page or Magazine unit.

AD SIZE	DIMENSIONS (Live Area)
FULL PAGE	8.000 x 9.125
FULL SPREAD	16.250 x 9.125
1/5 STRIP H	8.000 x 1.625
*3/10 V	2.250 x 9.125
3/5 V	4.812 x 9.125
3/5 H	8.000 x 5.437
2/5 V	3.187 x 9.125
2/5 H	8.000 x 3.687
DIGEST	4.562 x 6.562
MAGAZINE	5.750 x 9.125
1/2 V	4.000 x 9.125
1/2 H	8.000 x 4.562
*1/4	4.000 x 4.562
FRONT COVER STRIP	8.000 x .812
1/2 HORIZONTAL SPREAD	16.250 x 4.562
POP-UP UNIT	
POP-UP FRONT/BACK COVER	8.000 x 9.125
POP-UP CENTER SPREAD	16.250 x 9.125

2015 PRINT AD SPECIFICATIONS

AmericanProfile

AMERICAN PROFILE'S COMMUNITY TABLE, ATHLON SPORTS, RELISH and SPRY LIVING are press delivered, non-bleed magazines. Trim size is 8.250 x 9.375 inches. The full "live area" is 8.000 x 9.125 inches. There is a .125-inch non-print area outside of the live area.



Note: Parade specs effective July 2015.

^{*}Unit must run on the same spread opposite a Full Page or Magazine unit.

2015 PRINT AD SPECIFICATIONS

AmericanProfile

CUSTOM AD UNITS

Custom ad units can include Dutch Doors, Cover Wraps, Pop-ups, Business Reply Cards and more. Contact a sales representative for more information and ad specifications.

AD CONSTRUCTION GUIDELINES

- Build ads to the live area size
- Use stylized fonts and do not apply style attributes to basic fonts
- Place elements at 100% size. Avoid rotation and cropping of images in layout program
- Supply as single pages not spreads
- Partial page ads should be built to 100% of their actual live area size.
 Bleed is not available
- · Ad material will not be returned
- All elements should be defined as CMYK, never RGB
- UCR should be set at 280
- All screen and printer fonts that are necessary for ripping the file must be
 included. It is best to have the fonts already converted to outline or rendered
 into raster graphics by the ad provided. Be aware that some placed or
 embedded elements may also need fonts included.

TYPE REPRODUCTION

- Type should NEVER be less than 6-point boldface
- Process color for small type should NOT be used
- Fine and/or serif type should be used at a minimum and held to one color to avoid registration problems
- For reverse type, the dominant color should be used for shape with subordinate colors spread slightly to avoid registration problems. Reverse type or 100% black type is recommended

Please note: If these guidelines are not followed, Athlon Media Group cannot guarantee the quality of type reproduction

NATIVE FILE REQUIREMENTS

Submission of native application files such as InDesign or Quark are strongly discouraged, but we realize that it may be unavoidable in certain situations. Therefore, the following information should be clearly understood and followed. All native application files will be treated by Athlon Media Group as individual unstripped pages which means that they will be pre-flighted, ripped and proofed. In the event the advertiser does not supply an approved digital color proof of the ad as described above, Athlon Media Group will take reasonable measures to ensure color accuracy of the ad, but will in no way guarantee its acceptance or reproduction.

Native File Formats Accepted: QuarkXPress 9.0 (or earlier), PhotoShop CS6 (or earlier), Illustrator CS6 (or earlier), and InDesign CS6 (or earlier). Macintosh versions are strongly recommended.

Native File Packaging: Compress all files before transmitting with common compression methods (ZIP, Stuffit, Rar, etc.).

Native File Package Contents: When submitting native files include all fonts, images, scans, logos/artwork. Do not nest EPS in other EPS files. Pantone colors must be in CMYK mode. All Images/scans must be in CMYK mode. Font information should include manufacturer, font name and version. Supply Quark "Collect for Output" or similar reports. When sending PDFs other than PDF/X-1a it is recommended you also send the native files.

CONTENT & CONTRACT PROOFS

One content proof and one DDCP (direct digital color proof) are required. Kodak Approval or Epson color calibrated proofs of the generated file are preferred. Proofs furnished for other printing processes may not accurately reflect the printed piece. In the event that the only proof supplied by the advertiser is a low-resolution color printout, Athlon Media Group will take reasonable measures to ensure color accuracy of the ad but cannot guarantee its acceptance or reproduction.

AD MATERIAL POLICY

Athlon Media Group assumes no responsibility for unsatisfactory reproductions as a result of ad material that does not abide by the previously outlined material specifications. Athlon Media Group reserves the right to reduce an advertiser's material by as much as 5% vertically, horizontally or proportionately except when expressly prohibited.

AD SUBMISSION

Material should be submitted through Athlon Media Group's Ad Grinder web application:

http://adgrinder.athlonmediagroup.com Username: athlonupload Password: advertiser

Send physical proofs to:

Athlon Media Group Attn: Production Department 2451 Atrium Way, Suite 320 Nashville, TN 37214

Main Production Contact:

Susan Fisher susan.fisher@athlonsports.com 229.378.3641

Preferred Format: PDF/X-1a Files

In order to assure accurate insertion, material must be clearly marked with the issue date and publication name

2015 DIGITAL RATES

American Profile



DISPLAY

UNIT	SIZE	EXPANDABLE SIZE	OPEN RATE CPM
STATIC LEADERBOARD	728x90		\$10
STATIC MEDIUM RECTANGLE	300x250		\$10
STATIC HALF PAGE	300x600		\$14
EXPANDABLE LEADERBOARD*	728x90	728x480	\$18
EXPANDABLE MEDIUM RECTANGLE*	300x250	500x250	\$18
EXPANDABLE HALF PAGE*	300x600	500x600	\$20

RICH MEDIA

UNIT	SIZE	EXPANDABLE SIZE	OPEN RATE CPM
BILLBOARD*	970x250		\$22
PUSHDOWN	970x66	970x418	\$20
SIDEKICK*	300x250, 300x600, 970x250	850x700	\$20
WALLPAPER	1400x1200		\$13
CHANNEL TAKEOVER	728x90,300x250, 300x600,Wallpaper		\$28
ROADBLOCK	728x90, 300x250, 300x600		\$24
FULL-PAGE STATIC INTERSTITIAL	550x400		\$18
HALF PAGE	300x600	500×600	\$14

MOBILE

UNIT	SIZE	expandable Size	OPEN RATE CPM
STATIC WIDE BANNER	320x50		\$15
STATIC MEDIUM RECTANGLE	300x250		\$15

2015 DIGITAL RATES

American Profile



VIDEO

UNIT	SIZE	EXPANDABLE SIZE	OPEN RATE CPM
PRE-ROLL	:15 or :30		\$25

CUSTOM UNITS

UNIT	SIZE	EXPANDABLE SIZE	OPEN RATE CPM
SLIDESHOW**	300x250		\$8
EDITORIAL CONTENT HUB			\$25

NOTES

- * AVAILABLE BEGINNING IN JULY
- ** AVAILABLE BEGINNING IN MID-MAY

2015 DIGITAL AD SPECIFICATIONS

American Profile

GENERAL GUIDELINES

Ads must conform to specifications outlined herein. Elements not meeting specifications will be returned for revision, which may delay the launch date. Rich media ads must be submitted 10 business days prior to launch to enable thorough testing. Contact your Account Coordinator for additional details.

- · Creative submissions should include the following:
- Advertiser name
- Insertion Order number
- · Detailed trafficking instructions
- Creative files
- Alternate text (if applicable)
- Linking URL
- 3rd party tags (if applicable), 3rd party tags must be live at the time of submission to enable thoroug testing before launch.

For Flash ads, an alternate image conforming to the designated gif/jpg specifications must be provided for use in the event that the user's browser does not support Flash 6.0 and above.

FLASH SPECS

- Flash versions 6,7,8,9,& 10-10.1 (AS2 & AS3)
- Your Flash file must not exceed 40K.
- Flash 6 SWF files will be displayed for flash 6.0 to 6.0.0.65 plug in browsers only. If
 the browser doesn"t support flash 6.0 and above the alternate image will be
 served. Flash 7 ads will be displayed for 7.0 plugin and above.
- Onload play audio is not permitted in flash ads. Sounds played on click are allowed. All sounds are subject to approval by Yahoo!.
- For best results, we recommend having the button encompass the entire ad area throughout the entire timeline. Buttons must have the clickTAG expression (see below) in place of embedded URLs.
- The clickTAG expression must be attached to a button object and called on Release.
- Do not embed any URLs in the Flash file include linking URLs in an email or other document.
- Frame rate may not exceed 24 frames per second due to performance considerations. Banners that exceed

- 24 frames per second will not be accepted. 12 frames per second is preferred.
- All Flash ads must be accompanied by the SWF file as well as an alternate image (GIF or JPG) of the same dimensions. Images must meet the file size specs for that ad size.
- Looping must be set to False.
- Loading files from cross domains is not permitted for security reasons.
- All Creative is subject to approval.

PROPER clickTAG IMPLEMENTATION

The clickTAG variable is an industry-standard method of tracking Flash creative clicks; it allows Google to register where an ad was displayed when it was clicked on. Problems with Flash creatives may result from an incorrect clickTAG implementation. To troubleshoot this implementation, make sure that:

- The clickTAG variable is properly implemented in the action of the button.
 In the getURL() function of the action, make sure to specify the clickthrough
 URL as clickTAG and the target window as "_blank".
 For example:getURL(clickTAG,"_blank");.
- DFP only recognizes the standard casing of clickTAG for the variable name, not ClickTag or clicktagor any other variant.
- The button associated with the ActionScript that contains the clickTAG is on the top-most layer through the timeline.
- The button associated with the ActionScript that contains the clickTAG is
 extended throughout the entire frame and is applied to all existing frames.

ACTIONSCRIPT 2 clickTAG

on (release) { if (clickTAG.substr(0,5) == "http:") { getURL(clickTAG, "_blank"); } }

ACTIONSCRIPT 3 clickTAG

ActionScript 3 clickTAGs are not guaranteed to work in every situation. Here's an example of an ActionScript 3 clickTAG:

Link_1.addEventListener(MouseEvent.MOUSE_UP, function(event: MouseEvent): void { var sURL: String; if ((sURL = root.loaderInfo.parameters.clickTAG)) { navigateToURL(new URLRequest(sURL), "blank"); } }