SPRY LIVING celebrates what it means to live a healthy life, a life full of vitality, energy and confidence. Every month, Spry Living delivers the inspiration, advice and know-how readers need to make healthy living a reality.
<table>
<thead>
<tr>
<th>Month</th>
<th>Issue Name</th>
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<td>Outsmart Spring Allergies</td>
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<td>Self-Care for Caregivers</td>
<td>10/12/21</td>
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<td>November</td>
<td>Happy, Healthy Holidays</td>
<td>11/9/21</td>
<td>11/15/21</td>
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**Regular Features**

- **Cover Story**: Top celebrities over 40 reveal their healthy living secrets and celebrate the wisdom that comes with age
- **Live Better Now**: A round up of the latest and greatest wellness-related news, books, stats and healthy living hacks
- **Smart Moves**: Fitness trends, techniques and strategies to keep you younger, stronger and ready for anything
- **Kitchen Prescription**: On-trend healthy recipes and meal ideas, plus the latest need-to-know nutrition facts
- **Smart Cart**: Our picks for the best new healthy food products at the supermarket
- **Looking Spry**: Skincare and beauty tips and tricks for women over 40
- **All the Answers**: Cleveland Clinic experts answer pressing health questions on chronic conditions, health fads and more

Editorial content and dates are subject to change.
PARADE.COM/HEALTH
Parade.com focuses on what’s trending at the intersection of pop culture and lifestyle, while offering our curious, active and inspired audience easy wins that help make every day POP!

We break down the trickiest wellness topics with expert advice from influencers, authors and experts to help you live your healthiest life.

EXCLUSIVE CONTENT INCLUDES:

- Healthy Now: The New Normal
- Health Condition Starter Kits
- Self-Care Routines
- Caregiving Diaries

TMI SHOW
This series shares medical explanations of awkward/personal/complicated health questions sourced from experts and translates them using animation, video clips, humor, etc. in a relatable way.
### UNIT

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SPRY LIVING is a press delivered, non-bleed magazine. 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.

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**FULL SPREAD:**
16.250 x 9.125

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**3/10 VERTICAL:**
2.250 x 9.125

**FULL SPREAD:**
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**2/5 HORIZONTAL:**
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**DIGEST:**
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**FRONT COVER STRIP:**
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**3/5 VERTICAL:**
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**3/5 HORIZONTAL:**
8.000 x 5.437

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**1/2 HORIZONTAL:**
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4.000 x 4.562

**POP-UP FRONT/BACK COVER:**
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**POP-UP CENTER SPREAD:**
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**POP-UP UNIT**
16.250 x 4.562

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RELISH is printed using the rotogravure process.

FILE SPECIFICATION

- PDF-x1a only
- No native applications accepted. We do not accept Post Script files, DCS or RGB images or True Type Fonts.

Additional Specifications:
- Colors: CMYK (no pantone or spot color), black type should be 100K overprint (no 4/c or knockout)
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- All digital files must conform to SWOP standards.
- All files must be clearly identified with corresponding proof to exact size, incorporating all final versions of color and type.
- Indicate publication name, issue date and advertiser name on file and proof. Digital files must be correct size with no extra image.
- All type must meet GAA/SWOP specifications for size & thickness.
- All reverse type must incorporate spreading in undercolors where applicable. Minimum recommended 8pt reverse type, no fine serifs.
- Maximum density is 320%
- Minimum ink density each printing color recommended: 5%
- Minimum line rule thickness required: .5pt overprinting, non-screened
- Minimum image resolution: 300 dpi

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