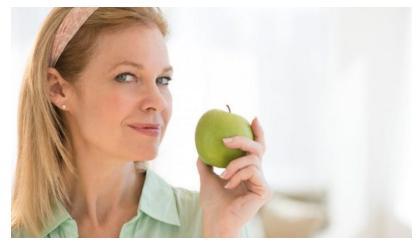
tgezond













tgezond



+Gezond is the largest health magazine in the Netherlands. +Gezond provides practical information and tips to stay healthy. Interviews with scientists, researchers, as well as recognizable and motivating stories from readers provide insight into a wide range of topics.

+Gezond is published 6 times a year.









†gezond | Facts & figures

+Gezond reader

The readers of +Gezond are conscious about their health. They are interested in a healthy lifestyle, enjoy walking, take regular bike rides and healthy eating is important to them.

Gender: 67% female / 33% male

Age: 50-64 years 19%, 65+ years 61%

Social class: W1 (high)/W2/W3 51%

Source: NPM DGM 2023-I

+Gezond Magazine

Frequency: 6x a year

Printreach: 154,000 (NPM-DGM 2023-I)

+Gezond Newsletter

430,000 newsletter subscribers

Frequency: bi-weekly on Sundays

(even-numbered weeks)



†gezond Rates and formats 2024

Base rate in euro's excl. VAT	
1/1 page	€ 6,120.
Format index	
2/1 page	187

^{*}excl. production cost upon request

Formats and measurements (mm)

width x height Format

Trim size

1/1 220 x 275 2/1 220 x 275 - 220 x 275

+ 5 mm bleed on all sides

Technical specifications

Trim size: 220 x 275 mm (wxh)

Advertisement material:

Please submit your digital ad files as Certified PDF.

Newsletter

Plus Gezond Newsletter Newsletter Item € 3,500.-





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