

## The feel-good magazine for a healthy lifestyle

FIT LIVING is a supplement of ALT FOR DAMERNE published 4 times a year. Its focus is on health - offering advice and ideas for food, fitness and beauty.

The recipes presented are for healthy meals and meant to be easy to accomplish.

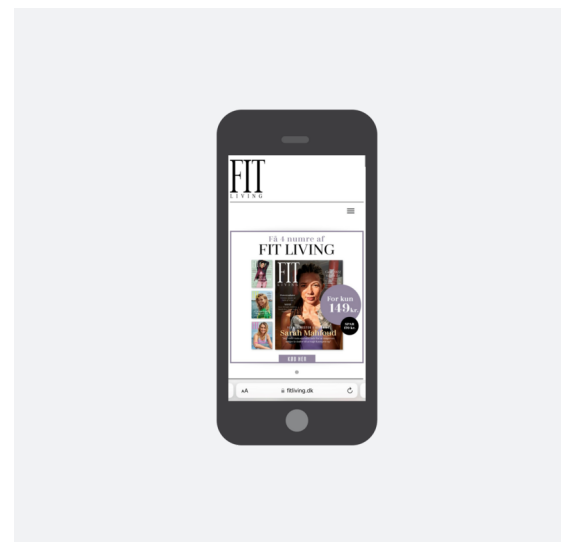
The target audience is the well-educated woman, aged 20-44 years, with a rather high income who exercises and cooks healthy.

### Print

Coverage <sup>1</sup>	73,000
Frequency	4 x a year

### Digital

Unique User <sup>2</sup>	2,449,388
Visits <sup>2</sup>	4,588,009
Page Impressions <sup>2</sup>	9,565,719



<sup>1</sup>Denmark/Gallup 2022 January-June, <sup>2</sup>GA. FIT LIVING is published in Denmark.