



alive Canada

CANADA'S NATURAL HEALTH
AND WELLNESS MAGAZINE

DISTRIBUTION

2026 MEDIA KIT

Partnering with *alive*

We're proud of our unique distribution model. *alive* magazine is purchased, personalized (cover imprint), and distributed monthly by natural health retailers across Canada, who then use it as an invaluable tool in educating their customers and boosting the success of their business.

Retailers have a strong sense of ownership and investment in *alive* magazine. Our carefully crafted content inspires store owners and retail staff to make informed choices about their inventory and their sales strategies.



Q | Are your customers having an incredible shopping experience?

Are you providing education, inspiration, and motivation that help your customers make the right health choices?

Are you helping them create a game plan for shopping in your store?

Are you giving them a reason to come back?



A partnership with *alive* is your answer!

Educate. Inspire. Engage.

Health continues to be at the forefront of consumers' minds, and shoppers are craving information on all natural health topics.

THEY ARE LOOKING TO YOU FOR CLARITY ON TOPICS LIKE

- natural versus organic
- non-GMO
- supplements
- beauty products
- eco-friendly and zero-waste products

Now, more than ever, shoppers are expecting a premium level of service as they carefully choose where to spend their money. Many understand the importance of shopping local. *alive* will convince them to continue shopping at your store.

It will be the BEST marketing tool your business invests in.



We are here to support YOU

alive magazine publishes the latest information available in natural health. For over 50 years, we've been improving—and inspiring—lives thanks to accessible, of-the-moment information that has made us the leading force in Canada's thriving natural health industry.

Unlike free or regular newsstand magazines, *alive* magazine is designed specifically for you to use as an integral part of your sales, marketing, and customer engagement programs.

We're here to support your business. *alive* has been supporting natural health retailers for more than five decades, consistently reminding our readers of the importance of shopping at your store.

This message is delivered through all our channels—including print, digital, and social media.

78%

OF READERS
MAKE PURCHASING
DECISIONS BASED
ON WHAT THEY
READ IN *alive*



Our readers are your customers

Credible content = consumer trust

Research shows *alive* readers have a high level of engagement in *alive*'s content, which has a strong impact on the brands they purchase.

AMONG OUR CANADIAN SHOPPERS

84%

HAVE A POSTIVE
ATTITUDE TOWARD
COMPANIES
ADVERTISING
IN *alive*

64%

WILL PAY MORE
FOR GOOD FOOD
FOR THEMSELVES
AND THEIR
FAMILIES

78%

MAKE PURCHASES
BASED ON WHAT
THEY READ
IN *alive*

84%

USE NATURAL
HEALTH PRODUCTS

89%

CURRENTLY HAVE
A MEDICAL
CONDITION

alive READERS ...

- > are primarily female,
from **30 to 55** years of age
- > are primarily (77%)
post-secondary educated
- > have household incomes
of more than **\$100,000**
- > are from households with
3 or more individuals
- > invest **50 minutes**,
on average, in each issue
- > refer to the average *alive*
issue **3 times**, enhancing
exposure to advertising messages
- > buy organic (58%)



Editorial content

Editorial integrity is paramount. With each carefully developed article, we aspire to teach readers—your customers—something new and noteworthy about their health and wellness.

alive works with knowledgeable leaders and writers across North America, including naturopathic doctors, holistic nutritionists, dietitians, and leading experts, to provide cutting-edge information and trustworthy content.

Content is sourced with your customers in mind, with issues and topics that matter to North Americans in all facets of natural health and wellness.

Product placement with convenient shopping lists outline the health benefits of each supplement/product featured in the magazine.

LETTER FROM THE EDITOR

A part of every issue of *alive*, the letter from the editor is personally written by Vice President of Content and Editor-in-Chief Tracy Peternell. Her letter introduces the monthly health focus and describes key natural health content and why it matters. It is a valuable tool that helps build rapport with readers and humanizes our mission to engage, inspire, and educate through valuable partnerships with advertisers and research-backed information provided by our experts.



2026 Calendar

alive articles explain otherwise complicated natural health and wellness topics in an easy-to-understand way. Our readers enjoy actionable and impartial advice designed to improve their lives, as well as stories from inspirational and innovative people who show us all how to be *alive*.

JANUARY: Detox

Featuring: Detoxifiers and cleanses • Eco cleaning • Greens powders and supplements • Muscle- and strength-building supports • Sports nutrition • Protein • Garlic • Polyphenols • Magnesium

Keep those New Year's health intentions achievable by taking on the future and letting go of the past. This month, alive offers information and advice that will build muscles and cleanse toxins, helping you renew yourself—inside and out.

ON DISPLAY: Detox

FEBRUARY: Heart Health

Featuring: Healthy cholesterol supports • Heart health • Circulation aids • Digestive aids • Medicinal mushrooms • Polyphenols • Omegas

During this month of love and romance, we explore what keeps our blood pumping and our hearts beating strong. From diet and exercise to relationships and emotional health, alive provides readers with inspiration and information they can take to heart.

ON DISPLAY: Heart health

MARCH: Healthy Aging

Featuring: Natural beauty products • Bone and joint health • Safe sunscreen • Muscle- and strength-building supports • Collagen • Garlic • Polyphenols • Magnesium • Protein

Spring is here and old trees are sprouting new leaves. In this issue, alive shares the latest on how to embrace our aging bodies and their natural beauty with whole food recipes and products for bone, joint, and skin health.

ON DISPLAY: Healthy aging

APRIL: Immune Health

Featuring: Immune-supporting superfoods • Antihistamines • Cancer support • Collagen • Garlic • Oil of oregano • Mushrooms • Magnesium

Our bodies work hard to protect us, even if they sometimes overreact. This month, alive looks at strategies for supporting our immune system and managing its responses—from allergies to cancers—through our diet, fitness, and lifestyle choices.

ON DISPLAY: Immune health

MAY: Women's Health

Featuring: Women's health • Natural skin/ beauty • Mother's Day • Collagen • Magnesium • Polyphenols • Protein

It's a woman's world—at least for this issue. This month, alive focuses on what makes women strong—and happy—with insights and inspiration on subjects ranging from diet, nutrition, and supplements to beauty, fitness, and adventure.

ON DISPLAY: Women's health

JUNE: Men's Health

Featuring: Men's health • Adrenal and prostate health • Muscle- and strength-building supports • Father's Day • Collagen • Magnesium • Polyphenols • Protein

This month, alive shines a spotlight on issues affecting men. With tips and expert advice on topics that inspire and energize, we support men—with information from fitness, diet, and supplement routines to the best preventive health practices.

ON DISPLAY: Men's health

2026 Calendar

JULY: Pain and Inflammation

Featuring: Balms and oils for soothing joints and muscles • Antioxidants and anti-inflammatory superfoods • Pain management supplements • Mushrooms • Magnesium • Omegas

Soothe your aches, pains, and inflammations with some summer heat! In this issue, alive focuses on pain and inflammation—how to prevent, reduce, and relieve it by better understanding our bodies and surroundings.

ON DISPLAY: Pain and inflammation

AUGUST: Children's Health

Featuring: Herbs and supplements for kids' daily health • Omegas • Probiotics • Protein • Natural products for kids' mental health

Our children are the future. This issue of alive focuses on kids—from preschool to grad school—and explores what it takes to build a foundation of happiness, strength, and overall good health.

ON DISPLAY: Children's health

SEPTEMBER: Colds, Flu, and Viruses

Featuring: Cold, flu, and virus prevention / treatment / recovery • Immune health • Mushrooms • Garlic • Oil of oregano • Polyphenols

It's back-to-school and back-to-germ time. This month, alive focuses on strategies to stay healthy through the cold and flu season and offers expert advice on natural health products that will aid in prevention, treatment, and recovery.

ON DISPLAY: Colds, flu, and viruses

OCTOBER: Brain Health

Featuring: Brain-boosting supports • MCT oil • Fish oils • Electrolyte powders • Brain-gut connection • Protein • Collagen • Mushrooms • Magnesium • Omegas • Protein

Brain health doesn't need to be as scary as Halloween night! This month, alive explores the many ways we can be good to our brains. We look at tips, tricks, and treats that will help keep our mental health grounded and our brain activity boosted.

ON DISPLAY: Brain health

NOVEMBER: Digestive Health

Featuring: Microbiome supports • Probiotics • Digestive health • Fermented foods • Natural weight management • Sugar alternatives • Diabetes prevention and blood sugar control • Protein • Omegas • Polyphenols • Mushrooms

With the fall drawing to a close, alive is preparing for the winter. Join us as we discover how to stay active while indoors and prevent those after-dinner snores—all with an eye to improving blood sugar and gut health.

ON DISPLAY: Digestive health

DECEMBER: Stress Relief

Featuring: Stress-relief supports • Low-waste and eco-friendly holiday products • Magnesium • Mushrooms

This issue, alive embraces the holiday season to unwrap the latest information about stress, how it affects our health, and how we can navigate stress with diet, habits, and supplements. Plus, how to stay positive during the darkest months.

ON DISPLAY: Stress Relief



alive promotes your store

Maximize *alive*'s benefits by adding your store details to the cover. A custom imprint turns the cover into your calling card. It cements the connection between *alive* and your store. Readers return to your location again and again to make their purchases and pick up the magazine.

Use the powerful cover imprint to drive readers, not only to your physical location, but also to your website to generate additional sales.

Unlike other promotional materials that get a quick glance before being recycled, *alive* magazine is a marketing tool your customers seek out. They are coveted, kept, and shared with friends, family, and the community. Your store details then live wherever *alive* does.



75%

OF READERS
AGREE THAT COVER
IMPRINTS INCREASE
THEIR BRAND
AWARENESS OF
YOUR BUSINESS

EACH COPY OF
alive IS READ BY
AN AVERAGE OF

3.4

PEOPLE

LET'S WORK TOGETHER

Call us any time to discuss your specific needs and to explore more solutions to fit your business and employee challenges.

workplacewellness@alive.com

aaron.alvarez@alive.com

604.256.8266



alive increases your revenue

Research shows *alive* readers have a high level of engagement in *alive*'s content, which has a strong impact on the brands they purchase.

In *alive*'s national market survey of natural health retailers, Navigating Natural Health, fielded by independent research firm SQI:

91%

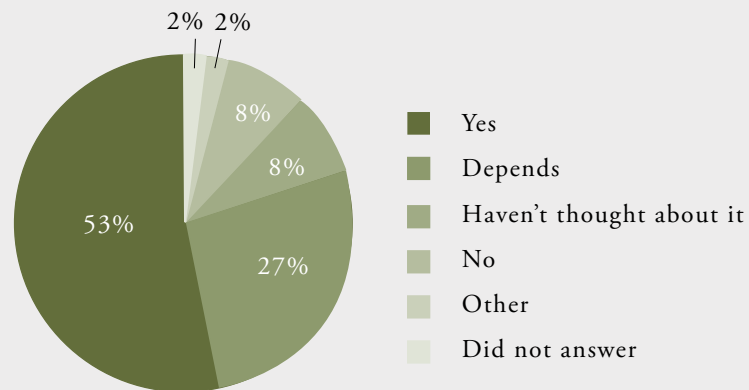
SAY THEIR CUSTOMERS WANT
TO BUY PRODUCTS THAT ARE
FEATURED IN *alive*

82%

AGREE THAT *alive* MAGAZINE
HELPS INCREASE THEIR
SALES BY PROVIDING MORE
EDUCATION TO THEIR CLIENTS

In a separate survey of *alive* readers, we asked:

Do you purchase any natural health products based on your readings in *alive* magazine?



Meet some of our partners





alive and your customers

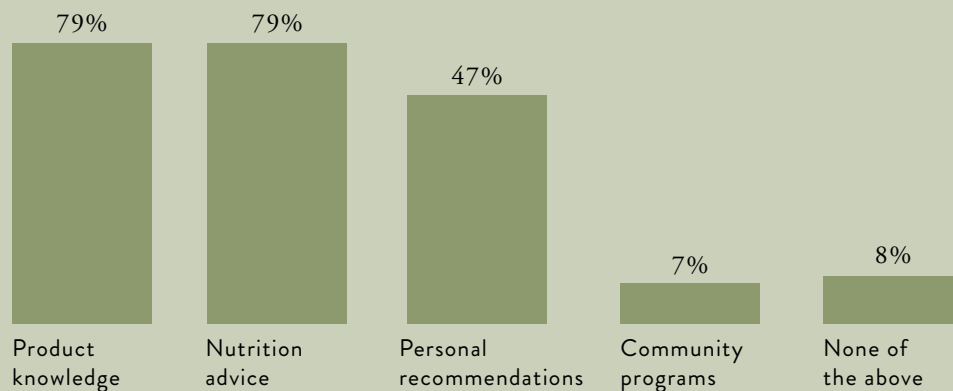
alive helps your customers understand the benefits of supplementation, as well as which products to use and why, which then drives them to your store to make their purchases. We help get people inside your door.

Your employees then guide these customers to make the ideal purchasing decision for their requirements (health concerns, brand preferences, price point, etc.).

Some consumers' feedback about why they shop at a natural health store:

- atmosphere, product selection/choice, quality, like-minded staff and customers
- availability of products I need and can't get anywhere else
- great advice, trust, good things for my body
- community feel

Do you look to natural health store employees for advice on any of the following?





Tips for success with *alive*

- Give every customer a copy of *alive* magazine at checkout.
- Have your staff pick a favourite product for each supplement category and reference the articles in their conversations with customers.
- Pick a recipe from each issue to feature and encourage customers to try it (bonus points if you make the ingredients easily accessible).
- Use *alive* in your community marketing programs

When you hand out *alive*, you instantly create greater target market reach for your store through your cover imprint.

IN A MAY 2022 SURVEY

93%

OF RESPONDENTS SAID THEY WOULD
LIKE TO HAVE AN *alive* MAGAZINE
INCLUDED WITH THE SUPPLEMENTS
ORDERED FROM THEIR LOCAL STORE.



Imprint options

Select one of the following imprint formats to appear on your personal shipment of *alive* magazine. Once we receive your selection, we will send you a proof of your imprint with your store information.

SINGLE LOCATIONS

LOGO

STORE NAME

Address
City Province Postal Code
Phone number / Website
Free format up to 35 characters long

☐ Store Name with Separate Logo

STORE NAME OR LOGO

Location Name
Address City Province Postal Code
Phone number / Website
Free format up to 60 characters long

☐ Store Name or Logo

MULTIPLE LOCATIONS

STORE NAME

Address #1 Address #2
City, Province, Postal Code City, Province, Postal Code
Phone number / Website Phone number / Website
Free format up to 60 characters long

☐ 2 Locations Under One Store Name

STORE NAME

Store Location #1 Store Location #2 Store Location #3

Free format up to 60 characters long

☐ 3 Locations

IMPRINT REQUIREMENTS

1. Store contact information (e.g., address, phone number, website).
2. Store logo in Adobe Illustrator, Photoshop, TIFF, or PDF file format.
3. Logo file must be black and white (no grayscale) at 300 dpi.
4. Actual imprint size is 8" wide by 2" high.
5. Fonts and imprints are fixed in style and size, unless you provide your entire imprint in PDF format.

If you have any questions

Please contact us at 1.800.663.6580 ext. 619
or sales@alive.com.



Distribution deadlines and pricing

In *alive's* national market study, Navigating Natural Health, fielded by independent research firm SQI:

- + 91% say their customers want to buy products that are featured in *alive*
- + 82% agree that *alive* magazine helps increase their sales by providing more education to their customers
- + 75% agree that the cover imprint with their store information helps them increase brand awareness in their local market

PRICING

Number of copies per month	Cost per magazine
100	\$1.14
250	\$0.99
500	\$0.89
1,000	\$0.82
2,000 +	\$0.77

All magazine pricing includes:

- + free shipping to your store
- + your store location listing on the *alive.com* Retailer Locator
- + your store message custom imprinted on the cover of each of your magazines

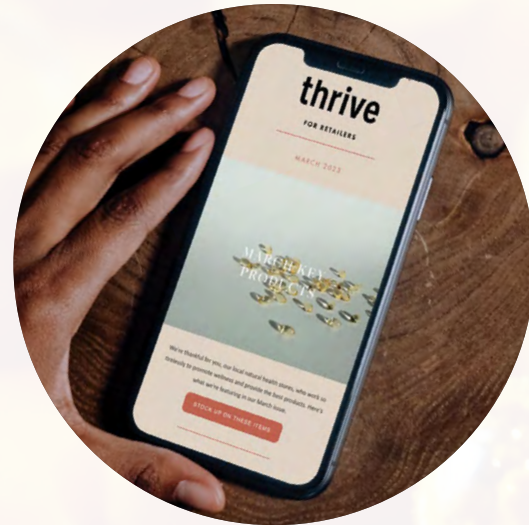
These deadlines are applicable for any changes you wish to make to your magazine order, including quantity changes and alterations to your imprint.

MONTH DEADLINE

January	October 31, 2025
February	November 28, 2025
March	January 2, 2026
April	January 30, 2026
May	March 6, 2026
June	April 3, 2026
July	May 1, 2026
August	May 29, 2026
September	July 3, 2026
October	July 31, 2026
November	September 4, 2026
December	October 9, 2026

Place your order with *alive*

Please contact us at 1.800.663.6580 ext. 619 or sales@alive.com.



thrive

THE BUSINESS OF
NATURAL HEALTH



thrive prepares you

thrive is a digital peek into what's coming in the next issue of *alive* magazine—delivered to your inbox. A valuable tool, *thrive* enables you to plan for inventory choices and make the most of your display and promotional materials. *thrive* also provides a wealth of valuable information designed to support you in a quickly evolving business environment. Research shows *alive* readers have a high level of engagement in *alive*'s content, which has a strong impact on the brands they purchase.

Key Product Features

These provide a preview of supplements and other products advertised in the coming month's issue of *alive* magazine. The Key Product Features include a handy description of each item with highlights and selling points, which enables you to plan for inventory choices and make the most of your display and promotional materials.



CNHR

CANADA'S BUSINESS
MAGAZINE FOR NATURAL
HEALTH RETAILERS



CNHR supports you

Canadian Natural Health Retailer (CNHR) is Canada's premier business magazine for health food stores. *CNHR* joined *alive's* suite of products in September 2020, further strengthening *alive's* commitment to growing and supporting natural health in North America and around the world.

CNHR's content is made for you

Founded in 1997, *CNHR* is the only magazine in Canada that focuses solely on health food stores. Its mandate is to help improve your business (and bottom line) through better hiring and training practices, improved advertising, effective marketing, and other business aspects. Any content that helps you enhance your business is potential editorial for *CNHR*.

Each month, *CNHR* is sent directly to 3,600 store owners, managers, buyers, and staff of virtually every health food store in Canada. However, its readership goes deeper than that number. A recent survey of readers indicates that each copy of *CNHR* is read by 4.7 people.

You read and care about *CNHR*. We support you with a steady supply of the practical intel you need to take your business to the next level.

Sign up now for your free subscription:

cnhr.ca/subscribe



alive Connect

CONNECTING NATURAL
HEALTH RETAILERS
AND CUSTOMERS



Connecting the natural health retailer to their community

Specifically created for natural health retailers, alive Connect is a personalized monthly digital boutique version of *alive* content designed to help complement your advertisement in *alive* magazine and extend to customers outside of the store. alive Connect highlights your product with retailers who are looking to start or expand a customer outreach program.

Retailers can then share this content directly with their customers and encourage engagement with each issue *and* your products. Customers can access this digital natural health publication from anywhere, whether they're on a lunch break, commuting home, or relaxing on the weekend.

Fully optimized for mobile devices, alive Connect includes bite-sized articles and actionable tips designed to inspire and engage natural health consumers to visit their natural health food store.

alive Connect features ...

- customized content for customer wellness
- issue distribution to national retail clients
- your exclusive ad beside the article

alive Connect is ...

- delivered 12 times a year
- filled with bite-sized articles and quick tips
- focused on natural health customers
- fully optimized for mobile devices



alive Listens

BE PART OF THE STORY



alive LISTENS ...

- > is a state-of-the-art research tool
- > is flexible: follow up with questions and ask for feedback
- > uses creative, engaging, and interactive question formats
- > draws from an engaged panel of natural health enthusiasts
- > gets accurate, detailed results
- > saves you time and money on hiring your own research agency

\$3,500 PER SURVEY

alive Listens

Connect with our community of natural health enthusiasts, loyalists, and influencers to get direct-from-consumer insights on topics ranging from purchasing patterns to product design. Our audience is made up of your buyers.

Speak to engaged consumers

The community is kept engaged with short, fun, natural health chats every 10 to 15 days.

Get real-time reports

Request live topline links to check your data right when a chat launches.

Dive deep with advanced reporting

In addition to live toplines, get custom analysis as needed.

KEY FACTS

4,900+

alive LISTENS
SUBSCRIBERS

2,800+

CANADIAN

1,100+

US

87%

COMPLETION RATE

32%

PARTICIPATION RATE

Email advertise@alive.com for more information.

alive listens



WE'RE LOOKING
FORWARD TO
GROWING A GREAT
PARTNERSHIP
WITH YOU

alive magazine

thrive

alive USA

CNHR

delicious living

delicious living Awards

delicious living Retailer Preview

delicious living Newsletters

alive.com

alive Academy

alive Connect

alive Workplace Wellness

alive Awards

alive Listens

alive Newsletter

alive Executive Summit

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