

Publisher's Statement

6 months ended December 31, 2021, Subject to Audit

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Annual Frequency: 12 times/year

Field Served: Women's magazine with interest in good health and personal fitness. Editorial focuses on healthful foods, meal planning and preparation, nutrition, skin and body care, self-improvement and other topics contributing to a healthful lifestyle.

Published by: Hearst Magazine Media

EXECUTIVE SUMMARY: TOTAL AVERAGE CIRCULATION

Total Paid & Verified Subscriptions	Single Copy Sales	Total Circulation	Rate Base	Variance to Rate Base
451,895	70,748	522,643	470,000	52,643

TOTAL CIRCULATION BY ISSUE

Issue	Paid Subscriptions			Verified Subscriptions			Total Paid & Verified Subscriptions	Single Copy Sales			Total Paid & Verified Circulation - Print	Total Paid & Verified Circulation - Digital Issue	Total Paid & Verified Circulation
	Print	Digital Issue	Total Paid Subscriptions	Print	Digital Issue	Total Verified Subscriptions		Print	Digital Issue	Total Single Copy Sales			
Jul	387,260	65,441	452,701	8,721		8,721	461,422	85,500	122	85,622	481,481	65,563	547,044
Aug	365,187	87,002	452,189	8,721		8,721	460,910	80,000	119	80,119	453,908	87,121	541,029
Sep	387,456	36,352	423,808	8,721		8,721	432,529	88,000	118	88,118	484,177	36,470	520,647
Oct	377,277	92,729	470,006	8,721		8,721	478,727	80,000	203	80,203	465,998	92,932	558,930
Nov	380,471	53,031	433,502	8,721		8,721	442,223	43,000	128	43,128	432,192	53,159	485,351
Dec	371,089	55,751	426,840	8,721		8,721	435,561	47,000	300	47,300	426,810	56,051	482,861
Average	378,123	65,051	443,174	8,721		8,721	451,895	70,583	165	70,748	457,427	65,216	522,643

SUPPLEMENTAL ANALYSIS OF AVERAGE CIRCULATION

	Print	Digital Issue	Total	% of Circulation
Paid Subscriptions				
Individual Subscriptions	358,244	15,905	374,149	71.6
Multi-Title Digital Programs		49,146	49,146	9.4
Sponsored Subscriptions	19,879		19,879	3.8
Total Paid Subscriptions	378,123	65,051	443,174	84.8
Verified Subscriptions				
Individual Use	8,721		8,721	1.7
Total Verified Subscriptions	8,721		8,721	1.7
Total Paid & Verified Subscriptions	386,844	65,051	451,895	86.5
Single Copy Sales				
Single Issue	53,916	165	54,081	10.3
Sponsored Single Issue	16,667		16,667	3.2
Total Single Copy Sales	70,583	165	70,748	13.5
Total Paid & Verified Circulation	457,427	65,216	522,643	100.0

VARIANCE OF LAST THREE RELEASED AUDIT REPORTS

Audit Period Ended	Rate Base	Audit Report	Publisher's Statements	Difference	Percentage of Difference
6/30/2020	500,000	549,894	549,894		
6/30/2019	500,000	518,078	518,078		
6/30/2016	1,500,000	1,511,424	1,512,798	-1,374	-0.1

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PRICES

	Suggested Retail Prices (1)	Average Price(2)	
		Net	Gross (Optional)
Average Single Copy	\$4.99		
Subscription	\$30.00		
Average Subscription Price Annualized (3)		\$30.36	
Average Subscription Price per Copy		\$2.53	

- (1) For statement period
- (2) Represents subscriptions for the 12 month period ended June 30, 2021
- (3) Based on the following issue per year frequency: 12

ADDITIONAL DATA IN AUDITEDMEDIA.COM MEDIA INTELLIGENCE CENTER

Circulation by Regional, Metro & Demographic Editions
 Geographic Data
 Analysis of New & Renewal Paid Individual Subscriptions
 Trend Analysis

ADDITIONAL ANALYSIS OF VERIFIED

	Print	Digital Issue	Total
Individual Use			
Ordered/Payment Not Received	8,721		8,721
Total Individual Use Copies	8,721		8,721

RATE BASE

Rate base shown in Executive Summary is for paid and verified circulation.

NOTES

Rounding %: Due to rounding, percentages may not always add up to 100%.

Award Point Programs: Included in Paid Subscriptions Individual is the following average number of copies purchased through the redemption of award points/miles: 34

Average Nonanalyzed Nonpaid: Average Nonanalyzed Nonpaid circulation for the period was: 69,115

Multi-Title Digital Programs

Copies included in digital issue paid subscriptions based on consumer's payment for the program and consumer's request for specific magazine. Details below are related to the six-month average.

Program	Reported Multi-Title Digital Program	Unique Opens by Reader	Opens by Issue	Total Opens by Reader
Apple News	49,146	49,146	1.8	86,988

We certify that to the best of our knowledge all data set forth in this publisher's statement are true and report circulation in accordance with Alliance for Audited Media's bylaws and rules.

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