

FIFTY-FIVE PLUS

Lifestyle Magazine

Media Kit 2026





Magazines

Frequency: 8 + 2 (Ultimate Guide) issues per year
Readership: 2,000,000*

Websites

Average visitors per month: 7,498
Average page views per month: 23,829
Average session time: 2mins 43secs

Newsletters

Frequency: 8 times per year
Database Size: 30,000
Average open rate: 25.2%

Socials

Facebook Reach: 140,966*
X (Twitter) Followers: 1,135

Tradeshows

8,000-10,000 Visitors
Shows held twice per year

*annual readership / reach

WHO WE ARE

FIFTY-FIVE PLUS

For over three decades, we at Fifty-Five Plus have been providing older adults with the information and inspiration to make the very most of life. Having grown right along with our audience, we're mature lifestyle experts. Our brand, Fifty-Five Plus, reflects this exciting time in life: There are more opportunities than ever to try new things, embark on adventures, and pursue interests and dreams.



Print

Fifty-Five Plus magazine gives you the information you want about the topics you care about. With articles about health, home and design, finance, travel and entertainment, you'll always be in the know on the issues that matter most. Our readers must agree, because *Fifty-Five Plus* is one of the largest magazines for the mature market in Ontario.

In addition to *Fifty-Five Plus*, *The Ultimate Guide to Retirement Living* is published bi-annually. *The Ultimate Guide* offers essential information on retirement residences, City of Ottawa programs and services, Ottawa Police Services, and Ottawa Public Health topics and programs.



For rates and file specifications, please contact your media consultant.

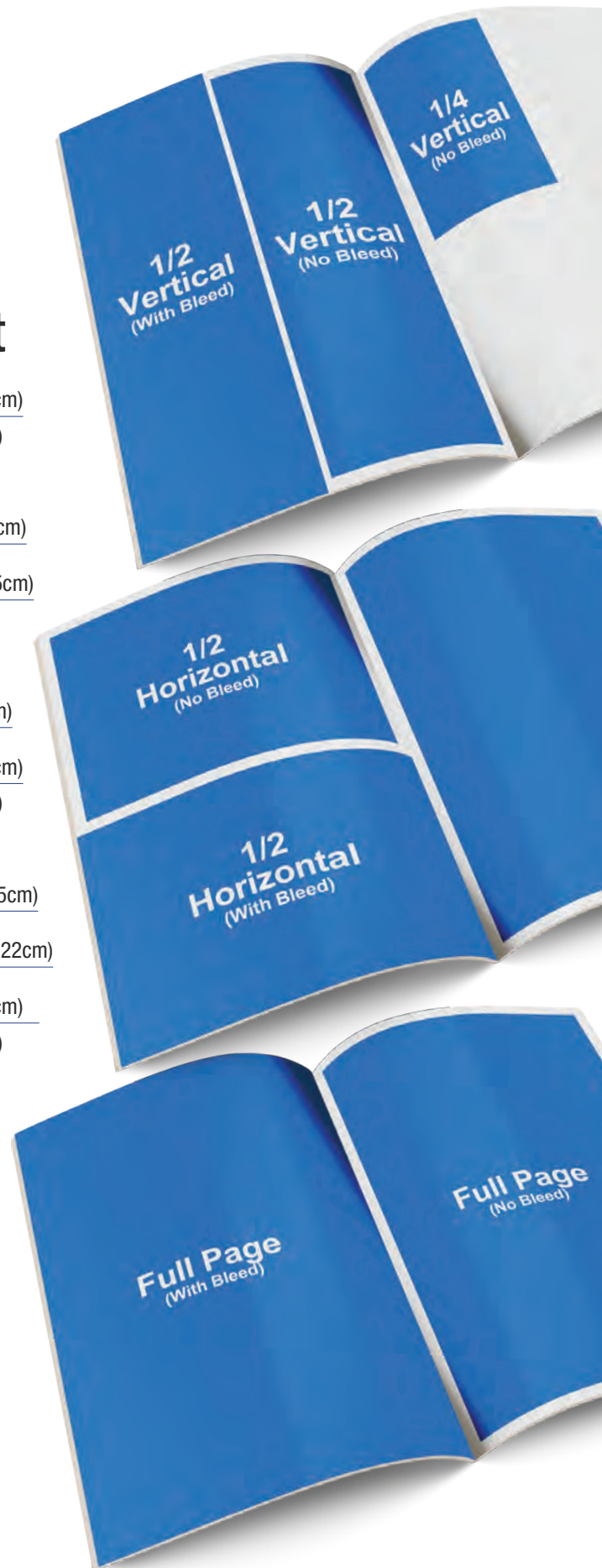
Spec Sheet

Ad Dimensions

Size	Width	Height
Full Page (Trim)	8.125" (20.64cm)	10.5" (26.67cm)
(Add .125"(.3175cm) on all sides for bleed)	8.375" (21.27cm)	10.75" (27.3cm)
Full Page (Non Bleed)	7.024" (17.84cm)	9.625" (24.45cm)
1/2 Horizontal (Trim)	8.125" (20.64cm)	5.25" (13.335cm)
(Add .125"(.3175cm) on all sides for bleed)	8.375" (21.27cm)	5.5" (13.97cm)
1/2 Horizontal (Non Bleed)	7.155" (18.17cm)	4.25" (10.8cm)
1/2 Vertical (Trim)	4.0625" (10.32cm)	10.5" (26.67cm)
(Add .125"(.3175cm) on all sides for bleed)	4.3125" (10.95cm)	10.75" (27.3cm)
1/2 Vertical (Non Bleed)	3.418" (8.68cm)	9.625" (24.45cm)
1/4 Vertical (Non Bleed)	3.418" (8.68cm)	4.8125" (12.22cm)
Double Page Spread	16.25" (41.275cm)	10.5" (26.67cm)
(Add .125"(.3175cm) on all outside edges for bleed)	16.5" (41.91cm)	10.75" (27.3cm)

Technical Requirements

PDF FILES: Ads should be submitted as press-ready PDF files. Please embed all fonts, and convert all photos and spot colors to CMYK. Photos and graphics files used in the PDF should be at a resolution of 300 dpi or higher.



Digital

Fifty-Five Plus offers a variety of versatile tools to connect with different audiences on the platforms they use most. From the Fifty-Five Plus website and social media sites, such as Facebook, to custom email marketing campaigns and newsletters, we help you reach and influence your target markets. We also offer integrated print and digital campaigns for maximum impact. They can be strategically tailored to meet your particular objectives.



Fifty-Five-Plus.com

Facebook @FiftyFivePlus
X (twitter) @FiftyFivePlus

FIFTY-FIVE PLUS
LIFESTYLE
SHOW

Ottawa's largest lifestyle show



Lifestyle Show

Looking for a unique advertising opportunity? The Fifty-Five Plus Lifestyle Show is hosted twice a year in April and September, with great entertainment, exhibitors, and more.

For more information, check out the Lifestyle Show Media Kit.

Please contact your media consultant for further information.

2026 RATE CARD

FIFTY-FIVE PLUS

Lifestyle Magazine

Ottawa Net Advertising Rates

Size	1 Issue	3 Issues	6 Issues	8 Issues
Full Page	\$3,000	\$2,800	\$2,500	\$2,400
1/2 Page	\$1,725	\$1,625	\$1,525	\$1,425
1/3 Page	\$1,350	\$1,250	\$1,150	\$1,000
1/4 Page	\$975	\$925	\$800	\$750

Ottawa Valley Net Advertising Rates

Size	1 Issue	3 Issues	6 Issues	8 Issues
Full Page	\$1,695	\$1,595	\$1,295	\$1,095
1/2 Page	\$1,095	\$995	\$795	\$695
1/3 Page	\$795	\$695	\$595	\$495
1/4 Page	\$695	\$595	\$495	\$395

Kingston Net Advertising Rates

Size	1 Issue	3 Issues	6 Issues	8 Issues
Full Page	\$2,200	\$2,000	\$1,725	\$1,625
1/2 Page	\$1,470	\$1,270	\$1,070	\$980
1/3 Page	\$950	\$750	\$650	\$625
1/4 Page	\$795	\$695	\$595	\$495

GTA Net Advertising Rates

Size	1 Issue	3 Issues	6 Issues	8 Issues
Full Page	\$2,200	\$2,000	\$1,725	\$1,625
1/2 Page	\$1,470	\$1,270	\$1,070	\$980
1/3 Page	\$950	\$750	\$650	\$625
1/4 Page	\$795	\$695	\$595	\$495

Ontario Net Advertising Rates

Size	1 Issue	3 Issues	6 Issues	8 Issues
Full Page	\$5,900	\$5,400	\$4,900	\$4,400
1/2 Page	\$3,500	\$3,300	\$3,000	\$2,800
1/3 Page	\$2,700	\$2,500	\$2,200	\$2,000
1/4 Page	\$2,000	\$1,800	\$1,500	\$1,300

- Rates are per insertion and include process colour
- Guaranteed positions add 30%
- Inserts, outserts, reply cards: Rates upon request
- Additional charge for file edits and colour separations

Advertising Deadlines

Issue	Ads Due	Distribution
Jan/Feb	Dec 19	Jan 20
March/April	Feb 19	Mar 10
May	April 9	April 28
June	May 8	June 2
July/Aug	June 25	July 7
Sept	July 24	Aug 25
Oct	Sept 8	Sept 29
Nov/Dec	Oct 22	Nov 10

Readership Survey 2020

READING HABITS

Our magazine is shared

73% of the time our magazine is shared with two or more people.

52% read our magazine for more than one hour.

61% refer back at least twice.

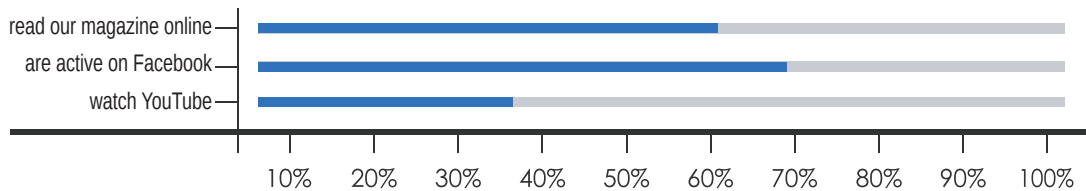
67%

of our readers donate
money to charities

26%

volunteer their
time

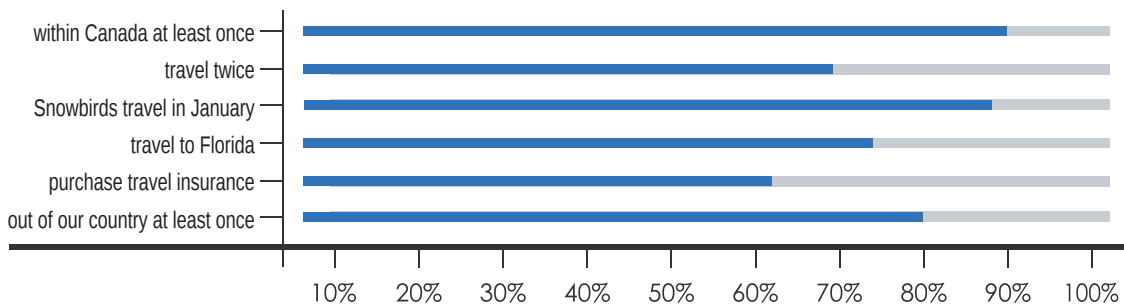
ONLINE ACTIVITY



COLUMNS
AND
FEATURES
TOP 3

Travel Feature Article
Travel Bug
Your Finance

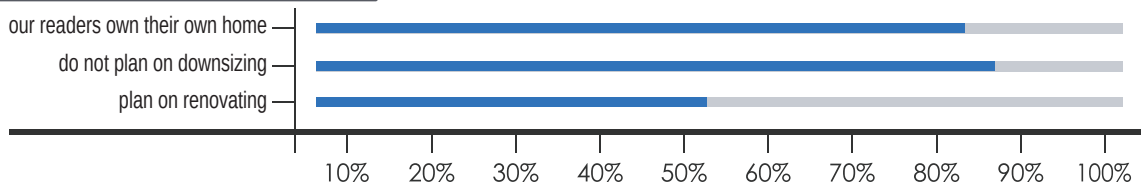
TRAVEL



TOP 3
locations
traveled in
the past year

Florida
Europe
Caribbean

PURCHASING HABITS



purchases
planned within
the next year
TOP 10

Healthcare
Home Furnishings
Automobile
Major Appliances
Investments
Flooring
Computer/Tablet
Home Improvements
Cell Phone
Housing

PERSONAL INFORMATION

56% of our readers are over 66

44% are under 66

59% are female

41% are male

71% are Married

73% are retired

26% are still working

77% of our readers have an income of \$50,000+

45% have an income over \$75,000

92% of our readers have a Computer or Laptop

84% have a Cell Phone

67% have a Tablet

FIFTY-FIVE PLUS
Lifestyle Magazine



FIFTY-FIVE PLUS

Lifestyle Magazine

67 Neil Ave.
Stittsville, ON K2S 1B9

613-271-8903
info@coylemediagroup.com
coylemediagroup.com

 facebook.com/fiftyfiveplus

 twitter.com/fiftyfiveplus

CMG **COYLE**
media group
MEDIA AGENCY | DIGITAL MEDIA | PUBLISHING | TRADE SHOWS