

Healthy Eating Special

29th January 2012

With the new year uppermost in our minds, trying to keep to a healthy diet tops most people's lists of resolutions. YOU's timely Healthy Eating special features a selection of recipes and eating tips from James Duigan's new 'Clean and Lean Diet Cookbook'. James is a personal trainer to a host of A-list stars, and his book focuses on simple, fresh delicious food that leaves you feeling satisfied.

YOU magazine reaches *3.7 million readers a week with 70% of them only shopping at supermarkets that sell good quality fresh food and 60% of them stating that they are eating more healthy food than they have in the past.

Don't miss this opportunity to showcase your products to this engaged and receptive audience.

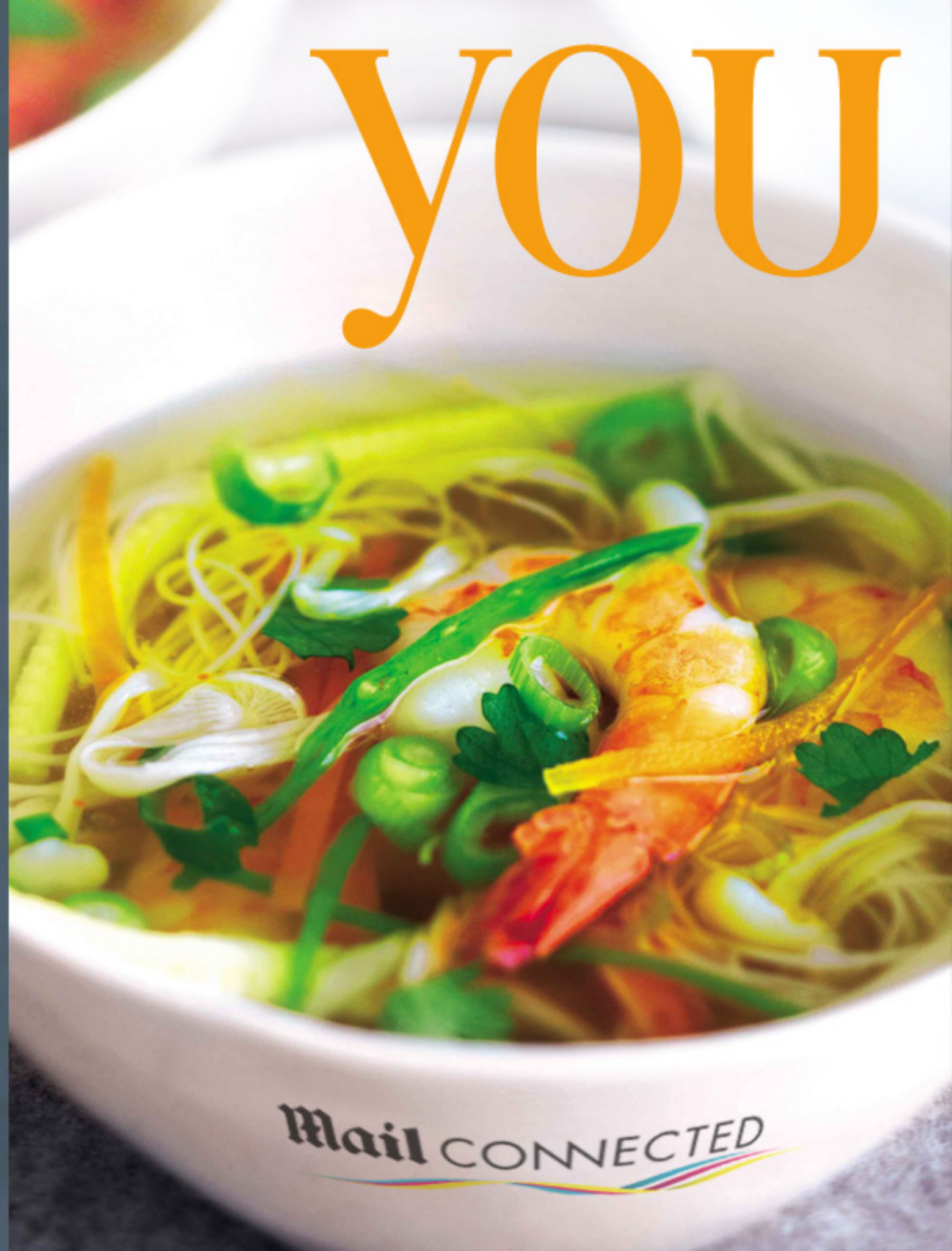
For further information please contact:
Julian Elvin, 0207 938 7398
julian.elvin@mailnewspapers.co.uk

Copy deadline: 18th January 2012

*NRS Apr – Sept 2011

**Source: TGI GB NET 2011 Q4 (July 10 - June 11)

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