



MNI HEALTHY LIVING

COOKING LIGHT • FITNESS • HEALTH

State	Market	Rate Base	Page Rate
AL	Birmingham	40,630	\$8,470
AZ	Phoenix/Tucson	67,750	\$13,105
CA	Los Angeles Metro	167,630	\$32,040
	Los Angeles*	60,960	\$11,790
	Orange County*	33,810	\$7,050
	Sacramento	42,940	\$8,955
	San Diego	57,080	\$11,240
	San Francisco	126,510	\$24,180
CO	Denver	100,120	\$19,135
CT	Connecticut	51,810	\$10,200
	Fairfield/Westchester	40,550	\$8,455
DC	Washington, D.C. Metro	85,100	\$16,460
FL	Jacksonville	38,530	\$8,035
	Miami/Ft. Lauderdale/Palm Beach	64,890	\$12,550
	Orlando	32,510	\$6,780
	Tampa/Sarasota	59,450	\$11,705
GA	Atlanta	72,360	\$13,995
IL	Chicago	135,400	\$25,880
IN	Indianapolis	38,040	\$7,930
KS	Kansas City	36,540	\$7,620
LA	New Orleans/Baton Rouge	33,880	\$7,065
MA	Boston	100,190	\$19,150
MD	Baltimore	40,400	\$8,425
MI	Detroit	69,010	\$13,350
	Grand Rapids/Lansing	45,990	\$9,590
MN	Minneapolis/St. Paul	82,410	\$15,940
MO	Kansas City	36,540	\$7,620
	St. Louis	46,740	\$9,630
NC	Charlotte/Greensboro	52,200	\$10,280
	Raleigh/Durham	41,050	\$8,560
NH	Manchester	27,220	\$6,160
NJ	New Jersey Metro	135,670	\$25,930
	Northern New Jersey	84,040	\$16,255
	Southern New Jersey	51,630	\$10,165

State	Market	Rate Base	Page Rate
NV	Las Vegas/Reno	27,850	\$6,300
NY	Albany	20,910	\$5,055
	Buffalo	20,430	\$4,940
	Long Island	49,690	\$9,785
	New York Metro	247,330	\$47,270
	Fairfield/Westchester	40,550	\$8,455
	Long Island	49,690	\$9,785
	New York	73,050	\$14,130
	Northern New Jersey	84,040	\$16,255
	Rochester	28,250	\$6,395
	Rockland/Hudson Valley	29,600	\$6,425
OH	Cincinnati	59,140	\$11,645
	Cleveland	45,980	\$9,585
	Columbus	32,110	\$6,695
OR	Portland	50,070	\$9,860
PA	Harrisburg/Lancaster/York*	18,510	\$4,595
	Philadelphia	84,640	\$16,375
	Pittsburgh	45,360	\$9,460
RI	Providence	16,450	\$4,595
SC	South Carolina	45,430	\$9,470
TN	Nashville	31,750	\$6,670
TX	Austin	45,770	\$9,545
	Dallas/Ft. Worth	81,050	\$15,680
	Houston	66,420	\$12,850
	San Antonio	42,110	\$8,780
UT	Salt Lake City	25,140	\$6,075
VA	Norfolk/Richmond	63,420	\$12,270
WA	Seattle/Tacoma	74,730	\$14,455
WI	Milwaukee	58,300	\$11,480

*Fitness not available.
MNI Healthy Living is available 10x per year due to magazine publishing schedules.

