

**CONSUMER MAGAZINE CIRCULATION STATEMENT
FOR THE 6 MONTH PERIOD ENDED DECEMBER 2010**

No attempt has been made to rank the information contained in this report in order of importance, since BPA Worldwide believes this is a judgment, which must be made by the user of the report.

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A not-for-profit organization since 1931, BPA Worldwide is governed by a tripartite board comprised of media owners, advertising agencies and advertisers. Headquartered in Shelton, Connecticut, USA, BPA has the largest membership of any media-auditing organization in the world, spanning more than 30 countries. Worldwide, BPA audits 2,600+ media properties—including over 1,500 B-to-B publications, more than 350 consumer magazines, 150 newspapers, 550+ web sites, 40 events, email newsletters, databases, wireless and other advertiser-supported media—as well as 2,700 advertiser and agency members. Visit www.bpaww.com for the latest audit reports, membership information and publishing and advertising industry news.

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Wainscot Media
110 Summit Avenue
Montvale, NJ 07645
Tel.: 201.573.7003

Official Publication of: None
Established: 2001

MARKET SERVED

Health & Life is published in regional editions serving select residents of communities as described in paragraph 6.

AVERAGE TOTAL QUALIFIED BASED ON 5 MARKETS IN THE PERIOD

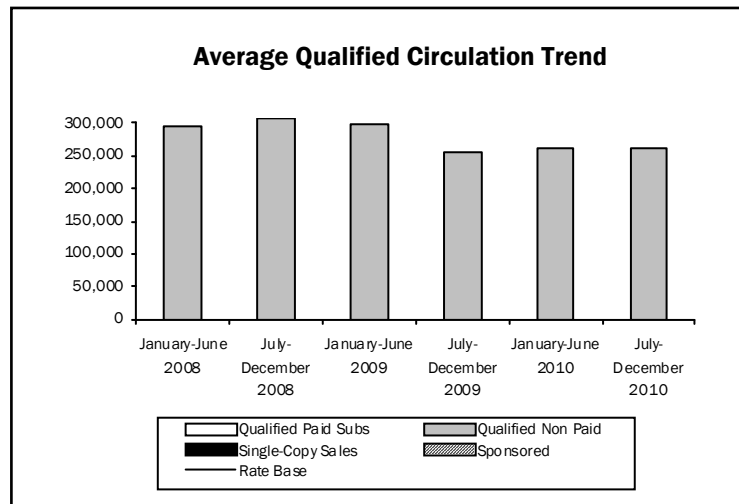
Total Qualified _____	273,486
Average Rate Base _____	**NC
Variance +/- _____	**NC
Percent +/- _____	**NC
Qualified Paid _____	-
Subscriptions _____	-
Sponsored _____	-
Single-Copy Sales _____	-
Qualified Non-Paid _____	273,486

**NC = None Claimed

PRICE AND FREQUENCY

**NC	Average Annual Subscription Order Price for the Period Reported (Excluding Sponsored Subscriptions)
*	Issues Per Year
**NC	All Single-Copy Sales Prices for the Period

*See Additional Data



1. AVERAGE QUALIFIED CIRCULATION BREAKOUT FOR PERIOD						
	Qualified Paid		Qualified Non-Paid		Total Qualified	
	Copies	Percent	Copies	Percent	Copies	Percent
Individuals _____	-	-	266,501	97.4	266,501	97.4
Membership Benefit _____	-	-	-	-	-	-
Multi-Copy Same Addressee _____	-	-	6,985	2.6	6,985	2.6
Sponsored Individually Addressed _____	-	-	-	-	-	-
Sponsored Multi-Copy Same Addressee _____	-	-	-	-	-	-
Sub-Total Subscriptions _____	-	-	273,486	100.0	273,486	100.0
Single-Copy Sales _____	-	-	-	-	-	-
Sponsored Single-Copy Sales _____	-	-	-	-	-	-
TOTAL	-	-	273,486	100.0	273,486	100.0

2. QUALIFIED CIRCULATION BY ISSUES FOR PERIOD					
ISSUE DATE	Bergen	Morris	Monmouth	Middlesex	Westchester
July _____	50,363	-	-	53,519	-
August _____	-	40,657	-	-	74,214
September _____	50,763	-	60,337	-	-
October _____	50,363	40,306	-	42,731	74,214
November _____	-	-	-	-	-
December _____	50,488	40,290	60,194	-	74,121

3. BREAKOUT OF QUALIFIED CIRCULATION TO THE CONSUMER MARKET FOR THE ANALYZED ISSUE (SEE ADDITIONAL DATA)		
MARKET SERVED	TOTAL QUALIFIED	PERCENT OF TOTAL
Individual (or Current Resident) _____	261,032	97.5
Multi-Copy Same Addressee - shipped directly to local businesses _____	6,792	2.5
TOTAL QUALIFIED CIRCULATION	267,824	100.0

4. QUALIFICATION SOURCE BREAKOUT OF QUALIFIED CIRCULATION FOR THE ANALYZED ISSUE (SEE ADDITIONAL DATA)					
QUALIFICATION SOURCE	Qualified Within			Total Qualified	Percent
	1 Year	2 Years	3 Years		
I. Direct Request: _____	8,586	10,970	15,577	35,133	13.1
II. Request from recipient's company: _____	-	-	-	-	-
III. Membership Benefit: _____	-	-	-	-	-
IV. Communication from recipient or recipient's company (other than request): _____	-	-	-	-	-
V. TOTAL - Sources other than above (listed alphabetically):	232,691	-	-	232,691	86.9
Rosters and directories _____	-	-	-	-	-
Manufacturer's, distributor's, and wholesaler's lists _____	-	-	-	-	-
*Other sources _____	232,691	-	-	232,691	86.9
VI. Single Copy Sales: _____	-	-	-	-	-
TOTAL QUALIFIED CIRCULATION	241,277	10,970	15,577	267,824	100.0
PERCENT	90.1	4.1	5.8	100.0	

*See Additional Data

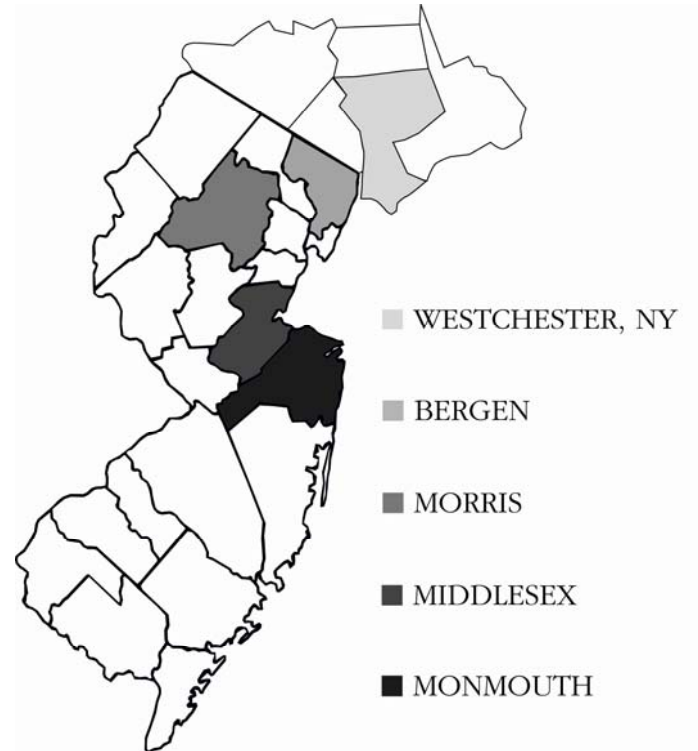
4. GEOGRAPHICAL BREAKOUT OF QUALIFIED CIRCULATION FOR THE ANALYZED ISSUE (SEE ADDITIONAL DATA)

Editions	Total Qualified	Percent
Bergen _____	50,488	18.8
Morris _____	40,290	15.0
Monmouth _____	60,194	22.5
Middlesex _____	42,731	16.0
Westchester _____	74,121	27.7
TOTAL QUALIFIED CIRCULATION	267,824	100.0

6. AVERAGE ANNUAL AUDITED QUALIFIED CIRCULATION AND CURRENT UNAUDITED CIRCULATION STATEMENTS

6-Month Period Ended:	Audited Data	Audited Data	Audited Data	Audited Data	Circulation Claim	Circulation Claim
	January - June 2008	July - December 2008	January - June 2009	July - December 2009	January - June 2010*	July - December 2010*
Total Audit Average Qualified: _____	293,763	306,902	299,515	255,628	262,332	273,486
Rate Base (if any): _____	**NC	**NC	**NC	**NC	**NC	**NC
Rate Base +/-: _____	**NC	**NC	**NC	**NC	**NC	**NC
Percent +/-: _____	**NC	**NC	**NC	**NC	**NC	**NC
Qualified Paid : _____	-	-	-	-	-	-
Subscriptions _____	-	-	-	-	-	-
Sponsored _____	-	-	-	-	-	-
Single-Copy Sales _____	-	-	-	-	-	-
Qualified Non-Paid: _____	293,763	306,902	299,515	255,628	262,332	273,486
Post Expire Copies included in Total Qualified Circulation: _____	**NC	**NC	**NC	**NC	**NC	**NC
Average Annual Order Price: _____	**NC	**NC	**NC	**NC	**NC	**NC

***NOTE: January-December 2010 data is unaudited. With each successive period, new data will be added until six 6-month periods are displayed.**
 **NC = None Claimed.



ADDITIONAL DATA

METHOD OF DISTRIBUTION:

Copies are mailed addressed to each individual recipient, or "current resident". Multi-copy distribution is shipped directly to local businesses. Multi-copy same addressee circulation is audited only to the point of distribution. An agreement not more than three years old has been obtained indicating that the recipient at the point of distribution agrees to accept the magazine for redistribution.

ISSUES PER YEAR:

HEALTH & LIFE magazine publishes in 5 markets in New Jersey and New York.

PARAGRAPHS 3, 4 AND 5:

Bergen, Morris, Monmouth, & Westchester analyze December. Middlesex analyzes October.

PARAGRAPH 4:

Other sources include 2 sources of circulation for quantities of 6,792 copies or 2.5% and 225,899 copies or 84.4%, including Compiled consumer database.

PUBLISHER'S AFFIDAVIT

We hereby make oath and say that all data set forth in this statement are true.
 Lauren Mena, Circulation Director
 Shannon Steitz, VP
 (At least one of the above signatures must be that of an officer of the publishing company or its authorized representative.)

Date signed January 15, 2011
 State New Jersey
 County Montvale
 Received by BPA Worldwide January 18, 2011
 Type CPD
 ID Number B218P0D0

IMPORTANT NOTE:

This unaudited circulation statement has been checked against the previous audit report. It will be included in the annual audit made by BPA Worldwide.