

Coastal Living is healthy living

We're good for your...



mind

We've always known that being in nature is good for your mind and body. Looking at water—or our pages—alleviates anxiety, calms nerves, and evokes positive emotions.

66% of Coastal Living readers agree that "being in tune with nature is extremely important."



body

Whether it's hot sun essentials or an island girl's beauty secrets, we've got you covered. We highlight our favorite health and beauty products, as well as tips for achieving a healthier lifestyle.

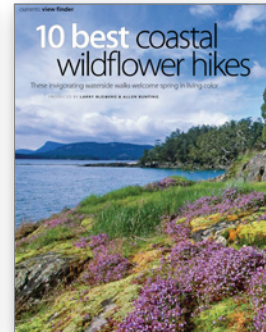
63% place extreme importance on seeking the utmost attractive appearance.



diet

We're the #1 authority on the health benefits, varieties, and flavors of seafood. We promote the use of fresh, local, and organic ingredients, and show how to make eco-savvy choices in markets and restaurants.

86% try to eat healthy and pay attention to their nutrition.



workout

To stay fit, we're unusually active and adventurous in our downtime—from hiking or biking the coast to kite boarding or yolo boarding the surf. We find healthy ways to enjoy the outdoors.

70% of subscribers participated in water related activities last year.



home

It's our mission to protect and preserve the surf and turf of our coastal regions. We advocate sustainable decorating and design, and share the best examples of eco-chic ways to do so.

77% agree that preserving the environment is extremely important.

Sources: 2009 MRI Doublesize, 2007 Coastal Living Subscriber Study

COASTAL LIVING break the routine of everyday life

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