

Your Guide to Resolution-Ready Audience Segments

As festive campaign planning wraps up, marketers are shifting focus to new year opportunities. Accurate, data-driven digital audiences will be key to reaching resolution-minded consumers eager to invest in health, wellness and lifestyle changes for the new year ahead.

Inside this guide, you'll find ready-to-activate audience recommendations for high-impact campaigns across the UK's top platforms, including The Trade Desk, Evorra, Eyeota, PubMatic, and more.

New Years Resolutions Audience Recommendations

Here are a few of our syndicated audiences that you can activate off-the-shelf across leading platforms.

Transactional Spend Audiences

200+ audience segments which uses real-world transactional spend data to target high or frequent spenders.

Examples include:

- Purchase Health & Beauty New Years Resolutions -Healthy Living
- Purchase Health & Beauty Healthy Eating
- Purchase Health & Beauty Gyms & Health Clubs
- Purchase Retail Fashion Sportswear
- Purchase Retail Home & Garden DIY
- Purchase Retail Home & Garden Cooking

Interest-based audiences

Audiences segments to reach consumers who have displayed similar characteristics and interests.

Examples include:

- Interest Health and wellbeing Lifestyle behaviours Wearable devices to encourage healthy lifestyle
- Interest Health and wellbeing Lifestyle behaviours Exercise once a week
- Interest Health and wellbeing Gym membership Have an annual membership
- Interest Health and wellbeing Dietary behaviours Take health supplements for training
- Interest Health and wellbeing Dietary behaviours Eat vegan products daily
- Interest Health and wellbeing Dietary behaviours Flexible vegetarian
- Interest Health and wellbeing Dietary behaviours Consider organic labels



Looking for Bespoke or Global Audiences?

Experian's Data Desk is on hand to build custom segments based on your existing first-party data or unique campaign needs.

Plus, global brands can leverage our global taxonomy of 270+ audience segments available for activation across 36 international markets.

Contact us

at ukaudiences@experian.com to get started.



Mosaic Shopper

Experian's proprietary segmentation tool which segments UK consumers by shopping characteristics and behaviours.

Examples include:

- Mosaic Shopper Fashionista -Fashion conscious social & healthy
- Mosaic Shopper Fashionista Affluent, healthy and fit
- Mosaic Shopper Shopper Type- Bargain Hunter
- Mosaic Shopper What we spend our money on -Usually looking for the lowest prices

Demographic Profiles

Demographics are foundational for targeting – by using Experian Demographic segments you can ensure you're accessing accurate data, verified by our own Credit Bureau.

Examples include:

- Demographic Age Range Gen Z
- Demographic Age Range 30-34
- Demographic Personal Finance Affluence -Mid Affluent Households with children
- Demographic Household Data Household Sharers
- Demographic Household Data Home Location London

How to activate Experian audiences

Activate off-the-shelf across destinations such as:



























To get started search for Experian Audiences in your destination of choice or contact our dedicated data desk, ukaudiences@experian.com.

Registered office address: The Sir John Peace Building, Experian Way, NG2 Business Park, Nottingham, NG80 1ZZ.

© Experian 2025. Experian Ltd is authorised and regulated by the Financial Conduct Authority. Experian Ltd is registered in England and Wales under company registration number 653331. The word "EXPERIAN" and the graphical device are trade marks of Experian and/or its associated companies and may be registered in the EU, USA and other countries. The graphical device is a registered Community design in the EU.

