



MEDIA KIT

LIVE FIT AND SORE

LEAD A FIT AND HEALTHY LIFE

WWW.LIVEFITANDSORE.COM

EST 2010

LIVE FIT AND SORE

LEAD A FIT AND HEALTHY LIFE

Live Fit and Sore was created to inspire, motivate and support people who are committed to improving their overall health and wellness and want to live their best life.

Throughout Live Fit and Sore, you will find stories, information and resources about a variety of health and wellness related topics, including my own experience, food, recipes and nutrition, mental health research, general fitness, and even some beauty and fashion tips here and there. You will also find reviews of products, places, and websites that are helping people live healthier, better lives.

SOCIAL MEDIA STATS



TOTAL SOCIAL MONTHLY REACH

63,000+

FACEBOOK

3600 followers

TWITTER

2500 followers

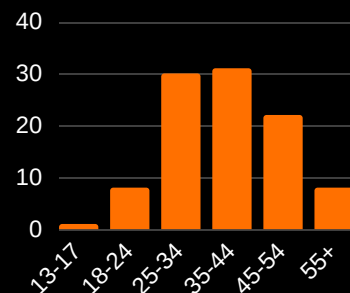
INSTAGRAM

1700 followers

PINTEREST

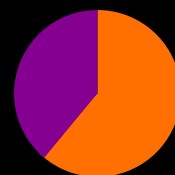
840 followers

AGE RANGE



GENDER

Male
39%



Female
61%

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STEPHANIE HOAGLUND

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Stephanie is a former couch potato who discovered a passion for health and wellness while caring for a family member battling cancer.

Now a personal fitness trainer and a health/wellness influencer and brand ambassador based in the Washington, DC metro area, she spends much of her time helping others live better lives.

Some of the Brands I've Worked With

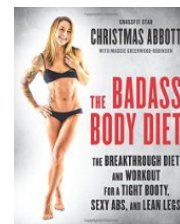


NOVA
PLASTIC SURGERY

♦ Kat Honda ♦



BODYARMOR
LYTE Sports Drink



WOMEN'S
Running

SERVICES

Micro-influencer campaigns
Brand Ambassador/Sponsored Posts
Interviews & Features
Product & Service Reviews

Conference/Event Sponsorships
Social Media Consulting
Referral Programs
Advertising