

# Mommy Gone Healthy



## STRIVING FOR BALANCE

Mommy Gone Healthy is a lifestyle and motherhood blog for the modern mom. I began this blog to connect with other like-minded women and to offer support and guidance during one of the toughest, yet most fulfilling times. I love sharing products I enjoy, wellness tips and tools, home decor, recipes, fashion, beauty and green living ideas.

**BLOG STATS**  
MARCH 2019

**24.2K**  
UNIQUE  
VISITORS

**65K**  
PAGE-  
VIEWS

**90% OF**  
READERS ARE  
WOMEN

**87% OF READERS ARE FROM US**  
AND **5% FROM CANADA**



## ABOUT ME

Hello, I'm Amber, a 30 something year old wife and mama. I have two wonderful children, an incredibly supportive and hardworking husband. I'm fueled by coffee, re-energized with yoga, love a good mind-clearing run, gardening, creating recipes in the kitchen and unwinding with a glass of wine.

## MY READERS ARE YOUR CONSUMERS

My readers are primarily women (25-34 years of age) and mothers located in the U.S. and Canada. My readers show high engagement and interest in products that simplify life, that improve health and wellness, and love reading about the newest beauty and fashion trends. I have great rapport with my readers and strive to be genuine and connect with them through my posts.

## SPONSORSHIP AND CAMPAIGN OPTIONS

I love working with brands and sharing new and innovative products with my readers. I have a wide array of campaign opportunities and options available. I am always open to new ideas, please contact me to discuss future collaboration opportunities.

- Sponsored Posts
- Recipe Development
- Brand Ambassadorship
- Product Giveaways
- Social Campaigns
- Banner Advertising
- Events and Travel
- Freelance Writing

## BRANDS I'VE WORKED WITH

Amazon Prime  
Groupon  
Nature Made  
prAna  
Shutterfly  
Ragu  
Annie's Homegrown  
Dannon  
Sargento  
Carter's  
Now Foods  
Reebok



5032 Followers  
@amberstarr82



14398 Followers  
@MommyGoneHealthy



4297 followers  
@amberstarr82



2780 Likes  
@MommyGoneHealthy