



the**fit**fork™

FOR A BETTER **BITE** OUT OF LIFE

Jennifer is an award-winning recipe creator, food & fitness blogger, healthy cooking coach, spokesperson and competitive athlete. Whether in person or through her blog, TheFitFork.com, Jennifer offers ways to quickly and confidently prepare healthy, well-balanced meals with delicious taste. She also shares factual, science-based nutrition tips in an approachable, easy-to-digest, manner. Audiences appreciate Jennifer's friendly "know-how" and "show-how" style that makes it easy to take away inspiring new ways to eat well and live well, at home or on an adventure.



thefitfork.com

- Page Views: 75,000
- Unique Visitors: 25,000
- Domain Authority: 47
- Google Page Rank: 3
- 88% USA audience
- 75% female, 25% male

[@thefitfork](https://www.instagram.com/thefitfork)

- 18.3 k follows [@thefitfork](https://www.instagram.com/thefitfork)
- 60% female 40% male
- 66% 25 to 44 years
- 175K+ impressions/mo
- 250 avg. story page views

Other Social Media

- [Facebook](#): 4.3K
- [Twitter](#): 4.1K
- [Pinterest](#): 16K w/ 1.5 to 2M monthly views)

{food}

- Texas Beef Council
- Whole Foods 365
- Lighthouse Foods
- NOW Foods
- Watermelon Promotion Board
- Natural Delight Medjool Dates
- Daily Harvest
- Frieda's Produce
- Picky Bars
- Organicville & Sky Valley

Client & Ambassador Showcase



{fitness}

- prAna
- Spartan Race
- Features Socks
- Life Time Fitness
- Adidas
- Onnit
- Acumobility
- Zooma & Fit Foodie Runs
- Vim & Vigr Compression
- Power Step



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Featured In:

Print Magazines: Austin Fit, Austin Woman, Austin Lifestyle, Better Homes & Gardens, Competitor, Country Woman, Cuisine at Home, Everyday with Rachael Ray, Kraft Food & Family, Moxie, Parents, Real & Simple, Saveur, Shape, Simple & Delicious, Taste of Home, US Weekly, Women's Running and more. Plus, dozens of cookbook contributions.

Websites: BuzzFeed.com, Buitoni.com, CaliforniaAvocado.com, Corepower.com, FeedFeed.com, Gardein.com, Hellmans.com, Life.Spartan.com, PaleoGrubs.com, Pillsbury.com, PotatoGoodness.com, Prevention.com, Redbook.com, Target.com, Tyson.com, Watermelon.org, YahooFood.com and more.

Monthly Featured Blogger:

Litehousefoods.com, BeefLovingTexans.com

Also Seen In:

Television & Radio Appearances: Home & Family Hallmark Channel, Good Morning San Antonio KENS5, Austin Live KEYE, Good Day Austin KTBC, Mix 94.7 + others. Also, winner and/or finalist in many national cook-offs.

Affiliate Relationships: Spartan, prAna, Dermae, Nuzest, Onnit, Snap Kitchen, Target, Amazon, Sitka Salmon, CompletEats, Daily Harvest, Features

Recent Athletic Achievements:

- Spartan World Championship Qualifier (3x)
- OCR World Championship Qualifier (4x)
- Texas 10 mile RRCA Championship – 1st Super Master Div (2x)
- National CG Games Super Finalist - Super Master Division (3x)
- CrossFit Games Open 19th 50-54yrs, South Central US
- Hyrox Fitness World Championship Qualifier
- Hyrox Virtual World Championship 3rd 50-54



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Delivering delicious results.

Benefits for your product/brand:

- Professional representation at events 5 to 25k attendees
- Reach targeted "fit foodie" market via 50K+ social media audience
- Creative & out-of-the-box solutions
- Engagement tracking
- Customized campaigns
- Fun, fit and upbeat personality to represent your brand.

Connect with Jennifer today!



Rates:

Sponsored Post Package:

300 word minimum feature recipe, workout, review or giveaway. Includes custom photos, social amplification on FB, IG, IG Stories, Twitter & Pinterest.

Blog or Newsletter Mention with Link:

Social Media Mentions Package:

Twitter, Instagram, Stories, Pinterest, and Facebook post on monthly basis with custom hashtag.

Instagram Only: Stories, video, Live sessions, IGTV, giveaways, takeover on client account, and other collaborations.

Areas of Interest / Experience

Recipe development (healthy, gluten-free, paleo, protein, family-friendly), general nutrition, running, obstacle course, yoga, fitness, CrossFit, healthy living and fit families.

Other Services: Speaking, Panel Guest, "Food Experience" Consulting, Food Styling, Cooking Demonstrations / Classes, Media Spokesperson, Sponsored Representation at Events, and Custom Campaigns.

PLEASE CONTACT FOR RATES