



FIT HEALTHY MOMMA

Imagine The Possibilities!

Who We Are



Fit Healthy Momma is a trusted resource for fitness, wellness, and nutrition information and reviews. We're a dedicated team of real industry professionals that are passionate about helping others live a fit, healthy life. The foundation of our brand is built on long-term, trusting partnerships with brands that align with our mission, vision, and values. We specialize in gaining exposure for brands through organic search, giving them the traffic, trust, and validation that's required to convert warm shoppers into hot buyers.

Featured in:



Featured Story

Featured Story

Featured Interview

With Tami Smith and Impact



POPSUGAR.

openfit.

Bicycling



THE EVERYGIRL



Eat This, Not That!

yahoo!

the **BUMP**

Reviewed

GO
Banking
Rates

OvuSense™

HUM

fitbit

THE Healthy

Parade



BYRDIE

Bustle

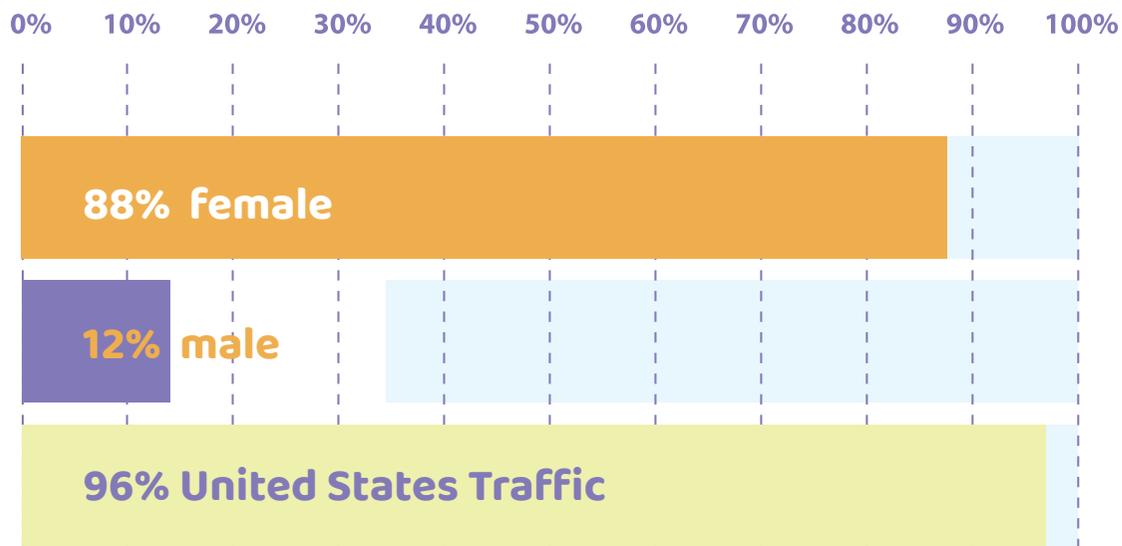
Scary Mommy

myfitnesspal

side hustle
nation
amplify your earning power.

LIVESTRONG.COM

Our audience



200k+

Unique visitors per month

42%

Click through to brand partners

23%

Purchase post-click from
[FitHealthyMomma.com](https://www.fithealthymomma.com/)

Social Media Channels



YouTube:

2.5k+subs



instagram:

1000+ followers



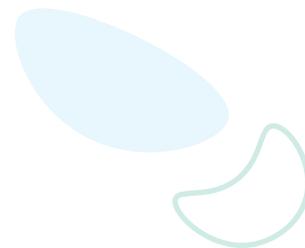
pinterest:

15.2k monthly views



facebook group:

700+ members



PARTNERSHIP OPPORTUNITIES

Fully Optimized Brand or Product Review

Written by industry experts, you can count on a fully executed review of your brand, product, or service that covers all the information needed to turn searchers into believers. We implement our proven SEO strategies and deploy our best tactics to create an article that is not only informative but is also visually appealing and optimized for conversion.



Your brand

Fit Healthy Momma Rating: 10/10



Your brand has made brain foods accessible, easy and enjoyable for kids and families...

[Go to Brand](#)

YouTube Review

Inside each YouTube review on Fit Healthy Momma, you will find honest thoughts, feedback, and information based on personal experience with the brand/product/service with plenty of personality and entertainment woven in. We specialize in catchy and clickable thumbnails and a proven CTA strategy. Our editing team takes things up a notch with their ability to keep viewers engaged while also enticing them to take the next step in the buying process without being over-the-top.



<https://www.fithealthymomma.com/>

Partnership Opportunities



Expose consumers looking for similar products

For shoppers who are not yet familiar with or searching for your brand, we can help introduce them to you or your product via super-relevant contextual placements, including:



facebook group

Reach 700+ members of our private facebook group who are into fitness and wellness!

Whitelisting Ads

Utilize our content and ad accounts to tap into a larger audience and gain more exposure and positive press for your brand

Monthly newsletter

We'll feature your brand in our weekly fitness and wellness roundup email to over 2.5k subscribers.



Pop-ups that work

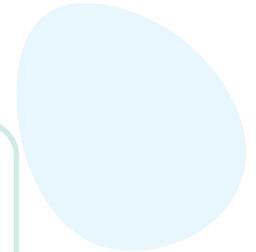
Promote a popup on relevant articles at just the right time :)

FHM Partnership Perks



Increase customers from organic search

We'll drive more ready-to-buy traffic to your site, partnering on a CPC or CPA basis. We crush the rankings, you crush the sales!



<https://www.fithealthymomma.com/>

fit healthy momma

Serving over 200k+ unique visitors per month, Fit Healthy Momma is the best information source on direct-to-consumer (D2C) fitness and wellness brands - ...

<https://www.fithealthymomma.com/>



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subscribe



Tempo Studio vs Tonal...

fit healthy momma

FHM Partnership Perks

Get The Edge Vs. Your Competition

When lined up against your competitors, we'll help your brand stand out by shining a light on:

- Your unique differentiators and standout features
- Competitive pricing models, special promos, coupons or free-trials
- Who your product is best for
- Positive customer reviews

YOUR BRAND VS COMPETITORS

	your brand	ccompetitor 1	ccompetitor 2	ccompetitor 3
FEATURE 1	✓	✗	✗	✓
FEATURE 2	✓	✓	✓	✗
FEATURE 3	✓	✓	✗	✓
FEATURE 4	✓	✗	✗	✗
FEATURE 5	✓	✗	✓	✗

Our team



The Fit Healthy Momma team includes a small group of industry professionals, including personal trainers, fitness instructors, registered dietitians, and wellness enthusiasts. We take extreme pride in vetting and hiring only the best in the industry, empowering those who are in alignment with FHM's mission to share their value with the world. We believe in doing what you love while always striving to learn, do, and contribute more. And we want to help you help your customers live a fit, healthy life with us!

name: Tami Smith

title: Owner & CEO

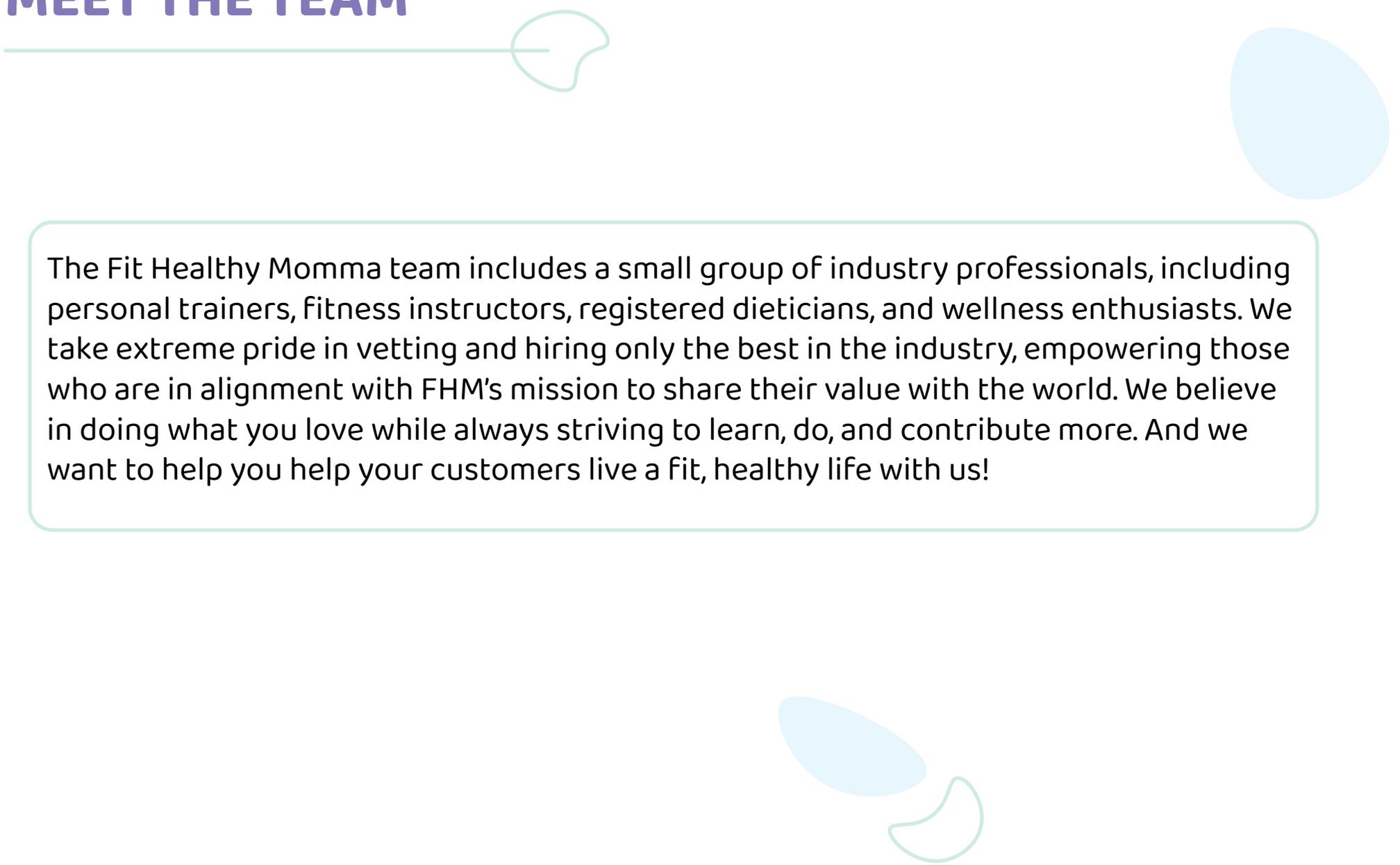
linkedin: <https://www.linkedin.com/in/tami-smith-fit-healthy-momma/>

instagram: <https://www.instagram.com/fit.healthymomma/>



<https://www.fithealthymomma.com/>

MEET THE TEAM



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MEET THE TEAM

name: Lindsey Desoto, RDN

Lindsey brings to the team her expert knowledge in the field of Dietetics and Nutrition. She earned her BSC in Nutrition Science from the University of Alabama (ROLL TIDE!) and has a passion for helping others live life to the fullest. Lindsey is also a mom of two young boys.



name: Mary Wirtz, RD, CPT

Mary is a Registered Dietician with a specialization in Sports Dietetics and a Certified Personal Trainer. Her overwhelming passion for fitness and nutrition is palpable in every piece of content she creates. In her spare time, you can find Mary running Marathons and chasing after her two young daughters.



name: Kristen Carli, MS, RDN

Kristen is an RDN and owner of her own private practice, Camelback Nutrition. She earned her BA in psychology from the University of Arizona, her BS in Dietetics from Arizona State University, and her MS in Human Nutrition from the University of Western States. Kristen has a deep passion for nutrition communication and her work has been featured in many large publications. You can also find her developing new recipes for her plant-based blog, Mostly Green.



Connecting consumers to brands

Elena Tran
Happy Tuesday, Tami Smith! Need help! I'm slow to read up on the blogs... also because this "stuff" is a bit foreign to me so there's a lot I'm trying to digest. I want to buy a smart gym. I have ruled out Peloton because I just don't see myself spinning, cycling. Considering all of the others - Mirror, Tempo, Echelon Reflect, Proform Vue, NordicTrack Vault, and Tonal... They all have features I like and there isn't one that has everything I'd like... What resources do you have to help me decide? Thank you!

Tami Smith Admin
http://tempo.go2cloud.org/aff_c?offer_id=8&aff_id=1000

The Award-Winning AI-Powered Home Gym
tempo.fit

Elena Tran
Thank you for sharing your research and reviews, Tami! I ordered mine with the \$400 discount. Can't wait!!

Tami Smith Admin
Elena Tran I'm so happy to hear that!! Keep me updated on how you're liking it 😊

Write a reply...

Tami Smith Admin
Hi Kathie Stan! Welcome 😊 I wear a 4-6 in Lululemon, and wear a size small in CRZ. So I'd say go with a small especially since the Naked leggings aren't super compressive 🙌

Kathie Stan
Great, thanks for that! Can't wait to try them.

Tami Smith Admin
Kathie Stan let me know how they work out for you!!

Write a reply...

Katherine Fleck Osman
I have analysis paralysis about rowers. Hydrow. Aviron. Nordic Track. Ergatta. I cannot decide!

Tami Smith Admin
Katherine Fleck Osman such a tough decision! Here are my thoughts. Ergatta is a beautiful machine, and the water rower aspect is really neat. Ergatta's programming is very gaming-inspired, so no live or studio-style classes. Hydrow is awesome if you want a realistic, on the water experience and you want classes to be guided by an instructor. Nordictrack I don't have any personal experience with but I tend to shy away from recommending them bc their customer service is notoriously terrible. Aviron i am very excited about, they have so many features that combine all the different programming ... See More

rowers, only smart rowers. I would say that the experience of a smart rower like Hydrow would be much better for many reasons, including ease of use and safety. Also, Hydrow and other smart rowers keep things really fresh, fun, and exciting, which makes it easier to stick with it!

Chava Drebin
Tami Smith That was my line of thought, as well. Thank you so much for answering my questions. I found your article helpful, and now took the plunge.

Tami Smith
Chava Drebin awesome! I think you're going to be really happy you did 😊

Write a reply...

Tami Smith Admin
Hi Elena Tran! I hear you, it can be very confusing navigating which option to buy, and it's definitely a decision that you don't want to take lightly. Take a look at this article, as it features Tempo, Tonal, and Mirror - All great options. NordicTrack and Proform are the sister companies, and while I think their products are decent, they have a reputation for

Korine Biver
Tami Smith That's incredibly helpful! I think knowing I can use either platform (and I am a long-time Beachbody on-demand user) is great because one of my biggest concerns is not liking instructors or classes. I think I am going to go with the MYX, and I appreciate your help in making an informed decision! I've been stuck in indecision limbo for a month now! 😊

Tami Smith Admin
Hi Jamie! Ok, let me reach out to my contact and see if they'll give us anything. Unfortunately, they don't do a lot of discounts and special promos, but I will see what I can do! Have you checked out CityRow Go?

Jamie Willerson Ferris
Tami- thanks!

Jamie Willerson Ferris
And I'll check that out now 😊

Tami Smith Admin
Jamie Willerson Ferris awesome! I'll let you know if I can get anvwhere with Hydrow.

Nikki Keller Seeley
Jun 7
Thanks to the awesome review by Tami I got myself a Treadly 2. Already set up and got a 5k step test walk in today. I'm planning to work while I walk and I can't wait to see the difference it makes in my health and wellness goals and how many WW fit points I can earn per day. Also really hoping it helps me lose these extra stubborn... See More



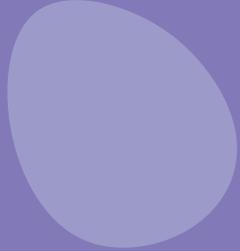
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Keira Reiter
Hi! Just wanted to say thank you for your videos on the myx bike- you helped me decide to get one over all the other bikes! So excited to get it soon!

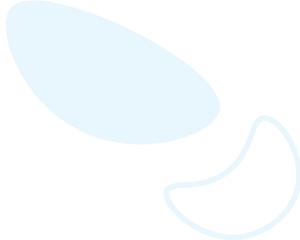
Tami Smith Admin
Keira Reiter thank you so much for taking the time to let me know! It means a lot and so glad you came to that decision. You're going to love MYX 🥰🥰

Write a reply...

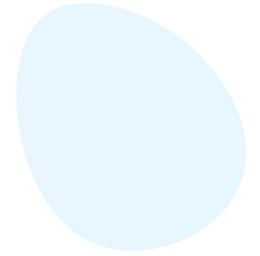
Ready to take the next step?



Rates are available upon request.
Please reach out to tami@fithealthymomma.com.
We look forward to working with you!



**“Let’s help everyone live a
Fit Healthy Life
together!”**



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MOMMA**

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