



Media Kit

Sam Cushing

-Explore YOUR passions-

-Live YOUR truth-



About Sam

Coming from a background in Marketing and digital consulting, Sam Cushing has his finger on the pulse of the digital world! As a fitness, health, and lifestyle creator, Sam has been able to share his guided workout videos, lifestyle content, and passion for music and health. Sam has also founded his social coaching brand, @crushing.socialmedia, and has been able to build his platform of 1.5 million while showing others exactly how to do so! Sam is a name to be reckoned with in the health & wellness community, constantly cultivating his dedicated audience and engagement. While promoting products and brands, he finds great value in sharing with his dedicated audience, some of which include Amazon, Colgate, Bose, Therabody, and Vuori.

Available for

Social Content & Collaborations
Brand / Social Media Consultant
Ambassadorship
Events / Hosting
Commercials / TV
Voiceovers

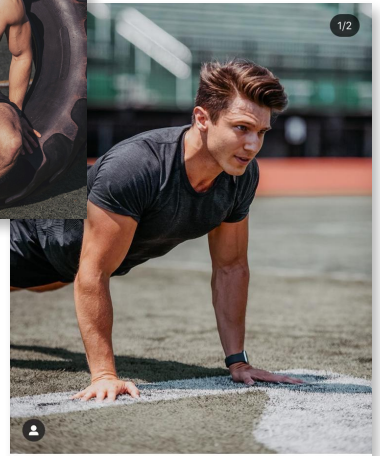
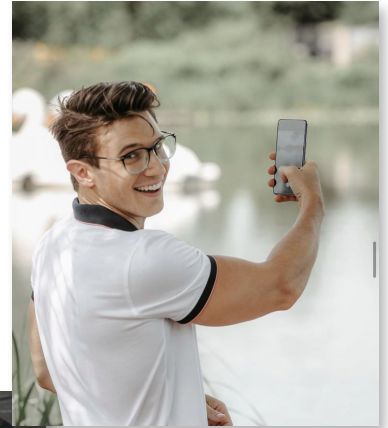
Contact:

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Website: samcushing.co

Example Work



Social Statistics

● Top Locations :

New York City
Los Angeles
Chicago

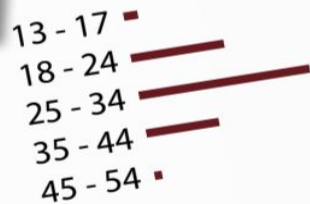
Los Angeles

● IG Number
of Followers :
720,000

● Gender :
82 % Men
18 % Women



Age range :

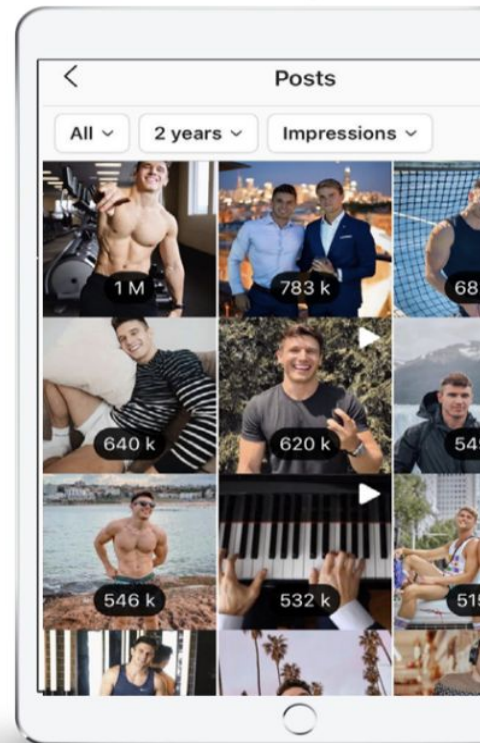


2MIL
INSTAGRAM
IMPRESSION
PER WEEK

316K
INSTA
DISCOVERY
PER WEEK

280K
AVG
IMPRESSION
PER POST

26K
AVG
IMPRESSION
PER STORY



YOUTUBE STATISTICS



Number of Followers : 202,000

Youtube Impressions per video : 1 Million

Predominant Age group : 25-34 years old

TIKTOK STATISTICS



Number of Followers : 610,000


Predominant Age group : 25-34 years old

Gender : 53 % Male, 47 % Female

COLLABORATIONS

Brands including...





Let's Work Together!

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@Sam.Cushing