



PAMELA FROST

BLOGGER & BRAND AMBASSADOR

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STATS

41K monthly website pageviews

75% female | 25% male

 1,888 instagram followers

 2,607 twitter followers

ABOUT ME

My husband and I were married in Walt Disney World in 2002. We have two pre-teen children, and are raising chickens in our backyard.

Having kids wasn't easy for us because I have an autoimmune disease. I used that challenge to fuel my interest in running to reduce stress. Now I run marathons and ran 5 consecutive runDisney Dopey challenges.

I have recently been tested for food intolerances and can only eat gluten free, dairy free and egg free food. This has opened a whole new avenue for me to explore and share.

My love for travel takes me to new places to explore every month. I love to pack my camera and venture out to capture highlights of the locations I visit.

- EMAIL NEWSLETTERS
- INSTAGRAM PROMOS
- LIVE STREAMS
- MESSENGER BOTS
- PRODUCT REVIEWS
- SPONSORED POSTS
- STORIES
- TRAVEL COLLABORATIONS
- TWITTER PARTIES
- VIDEOS

- Disney Social Media Moms Celebration
- #Blogging Branson FAM TRIP
- Cigna Blogger Meetups at Walt Disney World and Disneyland during runDisney race weekends
- Conference Speaker