



Media Kit

KETO AUTHORITY/FOOD BLOGGER/INFLUENCER

HEALTHYAMBITIONS.CO
THETEAM@HEALTHYAMBITIONS.CO

Advertise With Me!

With a daily multi-platform audience reach of +70k and ongoing exponential growth, I have the ability to connect thousands of potential customers to your brand through fun and engaging content.

About Me

My name is Cathy, a former junk-food loving carb-aholic turned nutrition and fitness enthusiast. As a Certified Keto Coach, I specialize in teaching others how to lose weight and heal their body with a healthy diet and lifestyle.

SOCIAL MEDIA FOLLOWERS



1.7K



63K



4K



2.6K



1K

BLOG STATISTICS

26K

MONTHLY UNIQUE
VISITORS

37K

MONTHLY PAGE
VIEWS

600

ACTIVE EMAIL
SUBSCRIPTIONS

Some Brands I've Partnered With



**KEY
NUTRIENTS**
PURVEYORS OF HEALTH AND HAPPINESS

"Wow wow wow!
BLOWN AWAY with how
informative you made this
video!!"

Liza, Key Nutrients



"It is great video and
thanks for your support. I
can't wait to see your
next video!"

Hyunseok, Partner Manager, Sentech DBO. Ketoscan



JAVY



FLEXISPOT®



Services

Blog Posts

Review blog posts showcasing your brand

Product endorsement within recipe or lifestyle posts

Social Media

Product reviews and endorsements

Facebook/Twitter/Instagram shout outs

YouTube/TikTok

Review videos showcasing your brand

Product endorsement within recipe or lifestyle videos

In video shout outs or mentions

Giveaways

Blog post giveaways

Social media giveaways

Ready to work together?

Contact me at theteam@healthyambitions.co