



KATIE SHAFFER

I started sharing my wellness journey after college when I found myself needing a hobby and wanting to stay active. It quickly transformed into sharing everything in my daily life.

I aim to inspire women to create healthy routines, be their authentic selves and build beautiful lives for themselves. I love connecting with women around the world and my goal is to continue to grow an amazing community!

*lifestyle &
wellness blogger*

features

- DAILY STYLE, WORKOUT WEAR
- HEALTHY ROUTINES
- COOKING/RECIPES
- SKINCARE + BEAUTY
- WORKOUTS



@katshaffer
16.5k followers

- 10% Engagement Rate on Feed Posts
- 88% Reels Impression Rate
- 94k Impressions Per Week

Demographics:
Age Range: 25-34
75% Women

Locations: Charlotte, Raleigh, Atlanta

collaboration opportunities

- Instagram Feed Post or Reel \$500
- Instagram Story Mention \$50/frame

Package of Feed Post or Reel + 4 Story Slides \$600

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