



Stress Less. Be Healthy.

Media Kit

Living Life: One Tantrum and Green Smoothie at a Time.

March 2019



SHAWNA CLAPPER

SOCIAL STATS:

-  4.3K+ Followers
@stresslessbh
-  1.4K+ Followers
@stresslessbehealthy
-  140+ Followers
@stresslessbehealthy

BLOG STATS:

31K+ Monthly Page Views
 8.8K+ Unique Monthly Visitors
 (140% Increase since Dec 2018)

100+ Email Subscribers

DEMOGRAPHICS:

80% Ages 25-44
 95% Female
 80% United States

Stress Less, Be Healthy
www.stresslessbehealthy.com

ABOUT:

Stress Less, Be Healthy is a resource for moms to go to, to get some relief from being a stay at home mom; from ways to be a happier and more productive mom to not feeling like they have to be a 'perfect' mom all the time. It was also designed to help moms raise healthy kids from birth through the elementary school years, by making it easy to find simple and healthy recipes that they'll feel good feeding to their kids, and more!

Stress Less, Be Healthy also encourages improved health, and more energy, for both moms and their children, through nutrition. Because we are what we eat!

It's a site that moms can go to and trust that their best interest is at the heart of every post!

AVAILABLE FOR:

Sponsored Posts, Social Media Promotion, Product Reviews, Recipe Creation, and more!

BRANDS I'VE WORKED WITH:

Luvs, Pampers

FEATURED ON:

GetConnecteDad, Pen&Parent, MommyThrives

CONTACT INFO:

shawna@stresslessbehealthy.com