



Tamara Grand is a BCRPA Certified Personal Trainer, MenoFitness Trainer, Group Fitness and Online Fitness Coach who blogs about fitness, food, family and fiber (knitting fiber, that is) at fitknitchick.com. She is particularly interested in helping mid-life women reach their health and fitness goals through strength training, healthy eating and mindset change.

An accomplished scientist (PhD Biology), author ([Ultimate Booty Workouts](#)), presenter and healthy living coach, Tamara is available to write for your readers, speak at your event and represent your brand in person or via social media.



ABOUT

Offering one-on-one personal training and online group fitness coaching for over-40 women, Tamara is a well-respected leader in the health and fitness community. Through her blog and [YouTube channel](#), she shares exercise tips, nutrition tricks and regular, real-time workout videos for her followers to do at home. As a busy mother of three, Tamara inspires and motivates other busy women to prioritize their health and find a unique approach to food and fitness that works for them.



BLOG STATISTICS

Each number is a monthly average

- Unique Views: 45K
- Page Views: 65K
- Twitter Followers: 4500
- Facebook Fans: 3300
- Instagram Followers: 1400
- YouTube Subscribers: 800
- Newsletter Subscribers: 1100

SERVICES

Packages customized upon request

- Freelance Writing
- Sponsored Posts
- Presentations and Workshops
- Brand Sponsorship
- Fitness Program Development

BENEFITS

Post-campaign analytics available upon request

- Well-written, well-edited and on-time delivery
- Professional representation of your product or brand
- Audience engagement on multiple platforms with a large, targeted audience

TAMARA GRAND

<http://fitknitchick.com>

tgrand@telus.net