

Teresa Marie Howes

Founder of Eat. Drink & be Skinny and Teresa Marie Wellness



Who I am:

I'm a digital health & happiness coach, marathon runner, personal trainer & fitness blogger backed with a BS in Nutrition, an MBA & 16 years of professional experience in the wellness & weight loss industry.

What I do:

I'm on a mission to help people take charge of their health by harnessing the power of food and the beauty of fitness by illustrating just how simple it really can be.

Teresa M. Howes, BS, CPT

www.TeresaMarieWellness.com

www.EatDrinkandbeSkinny.com

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Services

Sponsored Content
Social Media Campaigns
Freelance Writing
Nutrition Coaching
Worksite Wellness

Social Statistics

PV: 50K | UV: 30K
Subscribers: 16K
Twitter: 68K
Facebook: 32K
Instagram: 4K
Pinterest: 2.6K
Periscope: 2.1K

Reader Demographics

76% Women
23% 25-34
41% 35-54
51% Have Kids
33% 50-100K
25% 100K+
52% College Grad

Brand Partners

Kohl's | Silk | KIND
Daily Burn | Gardein
Fosters Farms | Tasc

Publications

Active.com | Health.com
Popsugar Fitness | SDTC
WayBetter | Race Place

Let's Connect! @Eatdrinkbskinny

