



## Appetites and Adventures

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### Laura Hall

Sprint 2 the Table focuses on a healthy lifestyle that is anything but mundane. Laura shares healthy recipes with “strange but good” flavor combinations, food and wine reviews, travel adventures, tips on workouts and nutrition, and offers online training and nutrition programs.



<http://www.sprint2thetable.com>  
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@sprint2thetable

### Client Showcase

Cellucor, Chobani, Fabletics, GNC, HelloFresh, h.h. gregg, House of Payne Personal Training, Kotex, Mizuno, NuttZo, Reebok, San Diego Bay Food + Wine Festival, Silk Pure Almond, Smarty Pants Vitamins, Target, Taste of Atlanta, Verizon

#### Blog Analytics

Each number is a monthly average.

Pageviews: 19,827  
Unique Visitors: 14,863  
% New Visitors: 72.1%  
Demo: Women, 25-44  
Country: 78.5% United States

#### Social Media Stats

\*As of 8/1/17

Total Reach: 20.8K  
Instagram Followers: 8,705  
Twitter Followers: 3,778  
Pinterest Followers: 4,112  
Facebook Fans: 1,518

### Memberships/Affiliations

FitFluential, Growing Naturals “FitnessGuru,” IAFS Certified Trainer, National Physique Committee (NPC), PopSugar Contributor, SweatPink, Quest Nutrition

### Services Offered

Affiliate Advertising, Brand Ambassadorships, Conference and Event Representation, Cooking Demos, Freelance Articles, Product & Travel Reviews, Recipe Development, Social Media/Web Presence Consulting, Social Media Promotions, Sponsored Posts

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