



Appetites and Adventures

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 online training programs.



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Client Showcase

BuluBox, Cellucor, Chobani, Fabletics, GNC, Hefty Brands, h.h. gregg, House of Payne Personal Training, Kellogg's, NuttZo, Reebok, San Diego Spirits Festival, Silk Pure Almond, Sweetwater Growers, Target, Taste of Atlanta, Verizon

Analytics/Stats

Each number is a monthly average.

Pageviews: 40,955
Unique Visitors: 25,215
% New Visitors: 63.4%
Klout Score: 68

Social Media Stats

*As of 10/08/15

Instagram Followers: 8,623
Twitter Followers: 3,4865
Pinterest Followers: 2,703
Facebook Fans: 1,385

Memberships/Affiliations

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

Services Offered

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