

# Caitlin Pruden's Media Kit

*Be healthy. Feel alive.*



<http://caitlinprudenpt.weebly.com>

<http://caitlinprudenpt.wordpress.com>

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Caitlin Pruden PT is a health and fitness website where she shares anything that might motivate others to live a healthy and happy life. Caitlin has worked with brands such as, Oakley, Living Proof Gear, Feel Good Movement, Ellie, Hylete, and ReebokOne.



## ABOUT CAITLIN

**Birthday:** June 30, 1986

**Current City:** Haymarket, VA

**Favorites:** CrossFit, yoga, weight training, running (mostly with my dog), hiking, the ocean and beach, sunshine, taking adventures, traveling

**Certifications:** ACSM-CPT, NESTA-Fitness Nutrition Coach, IFPA-Pre/Post Natal Fitness Instructor, CPR/AED, CrossFit Level 1 Trainer

**Specialities:** toning/strength training, weight loss, interval training, Olympic weight lifting, CrossFit, pre/post natal fitness, yoga

## SERVICES

Product Advertising

Product Reviews

Modeling

Sponsored Blog

Posts

Brand

Ambassadorships

Representation at  
Events

**Facebook Fans**

492

**Instagram  
Followers**

535

**Twitter Followers**

434

**YouTube  
Subscribers**

28

**Monthly Views**

458

**Unique Monthly  
Visitors**

298