

MY LIFE ABUNDANT

sharing my passions

www.mylifeabundant.com
mylifeabundantemail@gmail.com



2017
MEDIA
KIT

My name is Tammy Adams and I live my faith, enjoy family and loving life with my husband, as I embrace being 50+ in Central Florida! I love getting my hands dirty in the garden, trying new recipes, seeing new places, snapping pictures every chance I get, being geeky and crafty.

I learned the hard way how to pinch penny's and enjoy passing on this knowledge to others. I loved growing up in a small farming community and being a country girl where life was in a much smaller scale and a slower pace.

ABOUT OUR READERS

My Readers are mainly women and moms 18 – 35 who love to shop, cook, travel and craft.

DEMOGRAPHICS

54% are women
42% are 18 - 34
22% are 35 - 54
37% are 55 – 65+
92% are from U.S.

SITE TRAFFIC

Page Views	20,000+
Unique Visitors	10,000+
Average Time on Site	2.35 min

SPONSORSHIP AND CAMPAIGN OPTIONS

I have worked with several sponsors to promote their product, have giveaways and reviews.

Black & Decker, Jimmy Dean, BISSELL, FRAM Filters, Pennzoil, Bunn, Publix, Winn Dixie, Whirlpool, Pillsbury, Marie Calendars, Tyson, Manwich, Monrovia, Progresso, Old El Paso and Smithfield.

- Recipe Development
- Product Reviews
- Brand Ambassadorship
- Banner ads



4000+ Followers
@tammy1999



2000+ Likes
@MyLifeAbundantPage



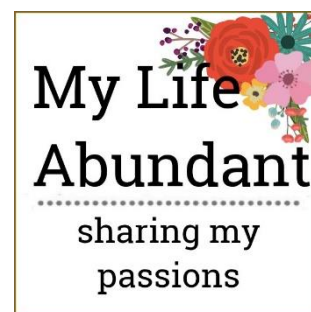
2900+ Followers
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3000+ Followers
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1900+ Subscribers
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RECIPES | CRAFTS | GARDENER | TRAVELER

