

MY LIFE ABUNDANT

sharing my passions

<https://mylifeabundant.com>
email@mylifeabundant.com



2021
MEDIA
KIT

My name is Tammy Adams and enjoy my family, faith, 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 – 55 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



9600+ Followers
@tammy1999



3200+ Likes
@MyLifeAbundantPage



7900+ Followers
@tammy1999



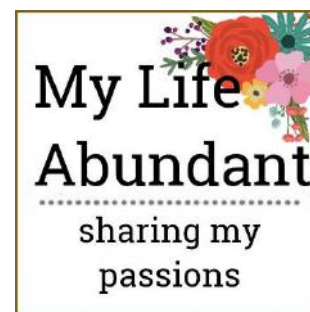
10K+ Followers
@tammya1999

SPONSORSHIP AND CAMPAIGN OPTIONS

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

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

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



RECIPES | DIY | GARDENER | TRAVELER

