

## Heather Montgomery

### ABOUT THE BLOG

Heather is a traveler, mom, wife, and fitness enthusiast. She is the blogger behind HeathersLookingGlass.com where she writes about healthy living, travel, parenting, family, faith, fashion, food, and everyday life. Heather aims to inspire and motivate people of all ages and walks of life with her experiences. She and her family love experiencing new places and dining together. Heather enjoys public speaking and is available to speak at your event and/or represent your brand through event sponsorship as well as sponsored posts or travel.



### PAST COLLABORATIONS

Walt Disney World, Universal Studios Orlando, Carnival Cruise Lines, Under Armour, ASICS, Hello Fresh, Busch Gardens, Amazon Kindle, Mattel, KIA Motors, Beach House Swimwear, Fabletics, Purell, Mizuno, Dollywood, Hasbro, Margaritaville, Hilton Orlando, Sunset Beach Cottages, Visit Jackson MS, SAM's Club, Smoothie King, David's Bridal, Reunion Resort Orlando, Soft Soap, Blue Buffalo dog food, Gaylord Palms, Visit OWA, Aftershokz, Little Tikes, Beach Club Resort, Rock N Roll Race series, CLIF bars...and many more!

### DEMOGRAPHICS

75% are women  
34% are 24-35  
34% are 36-44  
75% are from U.S

### SITE TRAFFIC

**41,000**      **30,000**  
Monthly Page Views      Monthly Unique Visitors

### SOCIAL MEDIA



12,500 Followers  
@HeathersLG



2,657 Follows  
@HeathersLookingGlass



5,917 Followers  
@HeathersLG



40,024 Followers  
@HeathersLG



### SPONSORSHIP AND CAMPAIGN OPTIONS

- Speaking/presenting
- Blog post writing
- Creating sponsored social media posts and stories for brands
- Travel and race reviews/media events
- Sponsored representation at events

\*Spoke at Boston Healthy Living Summit on social media and blog integration and spoke at Orlando's Food and Wine conference on turning your blog into a business. Also spoke at the Refresh Summit on dealing with negativity on social media.

### CONNECT

Contact me to find out more about how we can work together. I am happy to send testimonials to you!

#### EMAIL:

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