



A FITNESS MINDSET

WWW.AFITNESSMINDSET.COM | HELLO@AFITNESSMINDSET.COM



ABOUT A FITNESS MINDSET

A Fitness Mindset (AFM) is a nutrition coaching service that helps women ditch the diets and create a lifestyle that is 100% designed around the things you love. We work together gain clarity on the specific goal that you want to achieve, figure out exactly what's getting in the way of your fitness goals, develop an action plan that sets you up for success.

ABOUT TOMESHA CAMPBELL

Tomesha Campbell is a Boston-based Nutritionist who teaches women how to ditch diets and create a lifestyle that you love. She's a Certified Fitness Nutrition Coach from the National Exercise & Sports Trainers Association and a Precision Nutrition Level 1 Certified Exercise Nutrition Professional.


BLOG STATS

146+
MONTHLY UNIQUE VISITORS

599+
MONTHLY PAGE VIEWS


177+
E-MAIL SUBSCRIBERS

SOCIAL STATS


133+
@TOMESHACAMPBELL


198+
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546+
@TOMESHACAMPBELL


407+
@TOMESHACAMPBELL


197+
@TOMESHACAMPBELL

AUDIENCE

87% 100%
100%

■ AGES 25-34 | 100%
■ FROM THE U.S. | 87%
■ WOMEN | 100%

SOURCE: GOOGLE ANALYTICS