

# NUTRITIOUS LIFE



PARTNERSHIP OPPORTUNITIES





## PURSUE A HEALTHIER YOU

Nutritious Life is a lifestyle and media company devoted to helping individuals discover and live their most nutritious lives.

For over 15 years, we have steered people towards wellness strategies that work for them, via accessible, science-backed healthy living advice made to inspire conversations over crudité's, cocktails or cardio.



The background of the image is a dense, repeating pattern of bright orange fruits, likely oranges or tangerines, filling the entire frame. The fruits are shown from a slightly elevated angle, creating a textured, three-dimensional effect. The lighting is even, highlighting the natural texture and slight variations in color of the fruit skins.

**WE MAKE RESEARCH  
RELATABLE AND THE  
ASPIRATIONAL  
ACTIONABLE.**



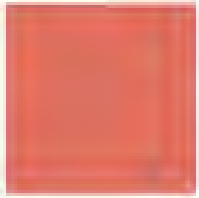
## FOUNDED BY AN EXPERT

Our story began when a 7th grade girl craved almonds and instinctively thought, "my body needs them."

Years later, Keri Glassman became a:

- Nationally recognized celebrity nutritionist
- Registered dietitian
- Healthy cooking expert
- Published author
- President of Nutritious Life
- Founder of The Nutrition School

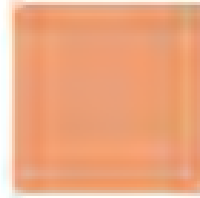




LOVE MORE



SWEAT OFTEN

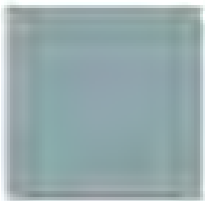


NURTURE YOURSELF

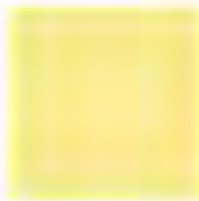


SLEEP DEEP

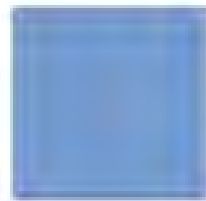
## OUR CONTENT COVERS 8 PILLARS OF HEALTHY LIVING



STRESS LESS



LIVE CONSCIOUSLY



DRINK UP



EAT EMPOWERED





58K+ MONTHLY  
READERS



16% MONTHLY  
USER GROWTH



100K+ SOCIAL  
FOLLOWERS



30K+ ENGAGED  
EMAIL  
SUBSCRIBERS





82% WOMEN



INTERESTED IN  
TRAVEL, FOOD AND  
SHOPPING



MOST READERS  
ARE AGE 25 - 34



LOCATED IN URBAN  
CITIES AROUND THE  
WORLD





# AN INFLUENTIAL COMMUNITY



ENTHUSIASTS



PROFESSIONALS



ENTREPRENEURS



INFLUENCERS





# PARTNERSHIP

We strive to partner with companies and brands who share our passion in empowering individuals and entrepreneurs to create a healthier world.

Once we've established this connection, we work with you to customize a package that meets your goals and budget. From there, you'll work with our in-house content strategists and network of influencers to make a measurable impact on our audience.

# SHOWCASE YOUR BRAND



- 1 Editorial Content
- 2 Email Campaigns & Promotion
- 3 Experiential Activations
- 4 Social Content





*Eat Empowered*  
**Diets Decoded:  
The Mediterranean Diet**

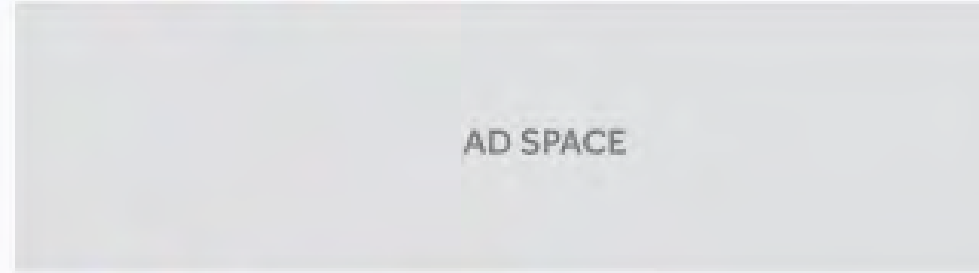
Let's start with my Chickpeas with Toasted Nuts and Cayenne. Chickpeas are a great plant-based source of protein, fiber, and antioxidants. I like to throw them in everything, from salads to sautéed greens. Roasted, they make a great snack.

[READ THE ARTICLE](#)



line with frozen mango pieces for a fresh margarita with tropical flair.

[VIEW THE RECIPE](#)



*Recipes*  
**Our Most Glorious  
Grapefruit Recipes**

# EDITORIAL

Includes optional social activation and newsletter inclusion.

- Sponsored article
- Sponsored content series
- Native content integrations
- Custom branded videos
- Banner advertisements



# EMAIL

Includes optional social activation  
and editorial content.

- Dedicated email (28k+ subscribers)
- Newsletter inclusion
- Newsletter banner ad
- Participate in a sweepstakes
- Email content series

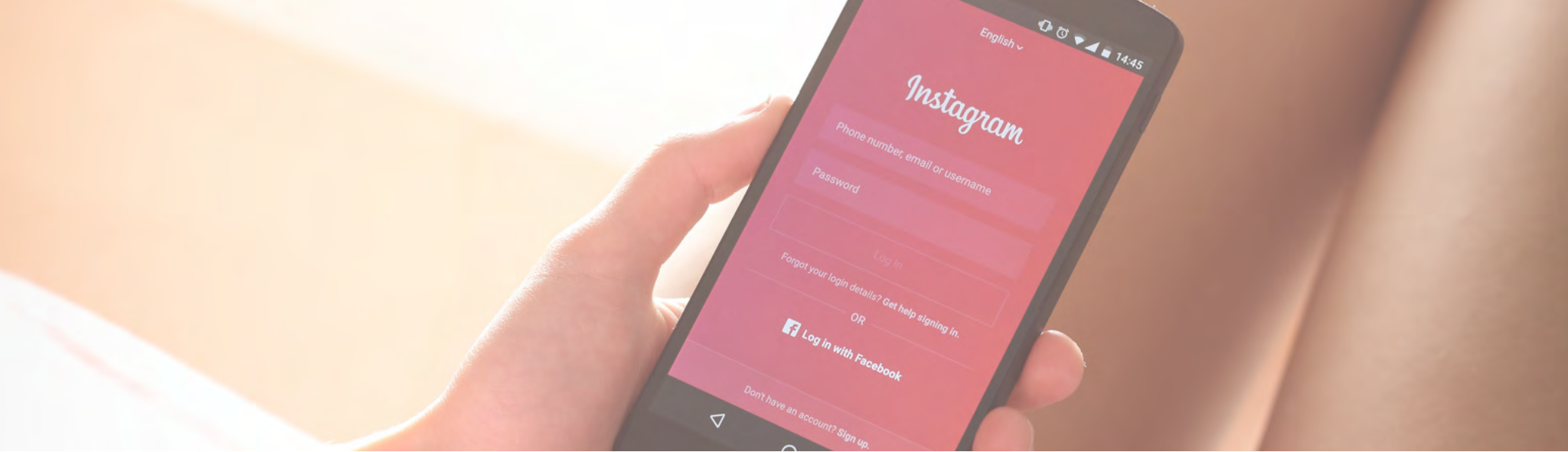




# EVENTS

Includes optional promotion on other Nutritious Life distribution channels.

- Invite our community to attend your event
- Collaborate on a custom event
- Media coverage of your event
- Sponsor The Nutrition School's Masterclass event (request more information)



# SOCIAL

Includes optional promotion on other Nutritious Life distribution channels.

- Sponsored posts on Facebook, Instagram, Twitter or Pinterest
- Facebook Live conversation
- Advertisement on Nutritious Life YouTube video (3K+ subscribers)
- Custom social media content campaign (video or editorial)





**WE'RE  
EXCITED TO  
COLLABORATE**

INFO@NUTRITIOUSLIFE.COM