



# Askew Nutrition

## & FITNESS

## PRISCILLA ASKEW

WWW.ASKEWNUTRITIONANDFITNESS.COM

INFO@ASKEWNUTRITIONANDFITNESS.COM

+1 (214) 415-6444

### ABOUT THE BLOGGER

Priscilla Askew is a Nutrition & Dietetic Technician, Registered and a personal trainer in the making. She loves all things related to health and fitness and blogs about her adventures in running, triathlon, and nutrition. You can often find her on a race course, in the kitchen testing recipes, or helping others learn to make peace with food. She started Askew Nutrition & Fitness as a private practice nutrition coach and began sharing triathlon and running training plans with her readers as a means to encourage athletes of all levels to get up, get moving, and get fit.

### ABOUT THE BLOG

Askew Nutrition & Fitness is dedicated to helping others find a natural balance between health and fitness. We seek to empower our readers to go beyond the fad diets and restrictive lifestyles. We want them to fall in love with fitness and learn to be kind to themselves through mindful eating. We love sharing great products, fun fitness trends, and healthy recipes with our readers. Whether it's the latest fitness tracker or a new healthy beverage we want our readers to know that what we love is products we can trust.

### BLOG STATS

2,000+  
AVG MONTHLY  
UNIQUE VISITORS

6 years+  
ACTIVELY  
BLOGGING

### THE VISITORS

82% FEMALE

17% MALE



321

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13

/PRISCILLALOVESTORUN1



237

@ASKEW\_NF



1,327

@ASKEW\_NF

## PARTNERED BRANDS



LOVE THE PAIN

nuun  
hydration

enso  
rings



## WORK WITH ME

I love connecting with my readers through authentic and genuine content. As a nutrition and dietetic technician, registered it is imperative that I share nutrition information that is backed by science-based research. Any nutrition related product reviewed, mentioned, or shared will be given honest and truthful feedback.

I also love sharing the latest fitness gadgets, race courses, fitness studios, and healthy living essentials with my readers so that they feel empowered to get out there and get fit. I have a variety of ways to work with brands. For more information, please feel free to reach out to me by email to discuss partnerships, ambassadorships, and collaboration opportunities.

## SERVICES OFFERED

*Pricing determined on a case by case basis*

+SPONSORED POSTS

+RECIPE DEVELOPMENT

+BRAND AMBASSADORSHIP

+PRODUCT REVIEWS

+FITNESS STUDIO REVIEWS

+GIVEAWAYS

+SOCIAL CAMPAIGNS

+GUEST BLOGGING

+EVENT PROMOTION/ATTENDANCE

