

# Cherie Hart Steffen, NASM-CPT, FNS

## ABOUT

Cherie is the owner and writer of *Cherie Runs This*, a health and wellness weight loss/get fit blog she maintains as a way to inspire and motivate others to begin their own journeys to the fit life. Always honest and putting it out there for all to read, she takes a common sense and sometimes tough love approach to the ups and downs, ins and outs and trials and tribulations that happen along a weight loss journey. Whether making you laugh, cry, nod your head in agreement, or shake your head in disbelief, Cherie strives to show you that you don't have to be a celebrity endorsed by a weight loss company or a contestant on a weight loss show—you can be you and you can lose the weight and get fit with your own gumption and dedication.

Cherie's endearing story and fitness tips have been featured in several national publications, including *SELF Magazine*, *Fitness Magazine* and several times in *Women's Running Magazine*. Cherie has also been featured online through *The Huffington Post*, *AOL*, *Shape*, *Fitness Magazine*, and *CNN*. In December 2012, *Women's Running Magazine* listed Cherie as one of "12 Favorite Bloggers on the Run." Cherie has also published two fitness articles online with Orca Health. In addition, Cherie has worked with many companies and brands through her blog, including Nike, Under Armour, Mizuno, Athleta, Chobani, Sparkly Soul, PowerSox, Designer Whey, GNC, and more.

An embarrassing comment and a promise got me on the path to running my life.  
Follow me on my journey. Get inspired. Get motivated. Get moving.



Cherie  
Run  
This

Fitness Motivation | cherierunsthis.com | @cherielianne | cherielianne@gmail.com



Cherie Runs This @cherielianne CherieRunsThis @cherielianne User: ztagrrl

## BLOG STATISTICS

Each number is a *monthly* average. (Updated 1/3/2014)

Unique Visits: 16,312  
Page Views: 22,181  
Subscribers: 235  
Twitter: 3,737  
Facebook: 2,293  
Pinterest: 19,608  
Instagram: 2,274

## SERVICES

Sponsored posts  
Product reviews/giveaways  
Social media promotion  
Ad placement on blog  
Speaking events/representation  
Ambassadorships  
Freelance writing  
(Brands must be relative to my focus; contact for price sheet)

## BENEFITS

Ability to reach a large audience on multiple social media platforms including Facebook, Twitter, Pinterest, YouTube, and Instagram.

Professional representation of your brand/product.