

MEGAN MEISNER FITNESS



ISSA
CERTIFIED
FITNESS
TRAINER

WWW.MEGANMEISNERFITNESS.COM

ISSA COLLEGE
OF EXERCISE
SCIENCE

I am an ISSA Certified Fitness Trainer & Marketing Professional with a passion for writing, goal-setting and helping brands connect with consumers. I emphasize education and storytelling to create a unique brand community.

For more than 10 years, I have worked as a certified personal trainer and fitness instructor. Additionally, I'm a lifelong vegetarian. In recent years I have partnered with companies as an ambassador and influencer in the health and wellness space.

My knowledge and experience brings a unique perspective of the consumer-brand experience to my marketing strategies.

meganmeisnerfitness@gmail.com

ABOUT ME

DUAL MAJOR: COMMERCIAL RECREATION
AND PROGRAM MANAGEMENT

MINOR: EXERCISE SCIENCE

2019 DEAC ISSA HONOR GRAD

ISSA CERTIFIED FITNESS TRAINER

AFAA PERSONAL TRAINER

AFAA GROUP FITNESS INSTRUCTOR

MARKETING PROFESSIONAL

FITNESS WRITER

VEGETARIAN

LET'S CONNECT

INSTAGRAM

[@MEGANMEISNERFITNESS](#)

FACEBOOK

[@MEGANMEISNERFITNESS](#)

PINTEREST

[@MEGANMEISNERFITNESS](#)

TWITTER

[@MEGANMMEISNER](#)

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PARTNERSHIP GOALS



- Create unique content that provides valuable tips and resources for your community.
- Establish and build a presence in the fitness and wellness industry by connecting with current and potential customers.
- Develop a community of loyal enthusiasts to create and share organic content.
- Build relationships with consumers that will produce warm leads and hot leads, resulting in sales.
- Grow relationships with influencers and fans.

WORK SAMPLES

5 Ways to Recover After a Workout
Amazing Wellness Magazine

Fat Burning Foods
SOL and SELENE

Turn Your Zombie Back Into a Kid Again!
Crispy Green

3 Myths About Eating a Plant-Based Diet
Amazing Wellness Magazine

Meal Prep Made Easy
Muscle & Performance Magazine



BEST SELLING BUNDLE



\$195
SEO Blog

Social Media Post
(Includes Facebook,
Instagram and Twitter)

3 Story Features on
Instagram and Facebook

Feature in Email Newsletter

ADDITIONAL SERVICES

Blog
\$100

Social
Media Post

(Includes Facebook,
Instagram and Twitter)

\$75

Choose one service or
create your own package
at a discounted rate.

All content includes links and tags
to brand page and/or account.

24 hour
Social Media
Takeover

\$100



Giveaway
 (Done on platform of
 your choice)
\$50

**Copywriting and
 Other Services***
Varies

**I am available to oversee influencer campaigns, provide product images, coordinate collaborative giveaways, manage social media platforms, create newsletters and compose product descriptions.*

BRANDS I'VE WORKED WITH

- Vitamin Shoppe
- Banza
- Human Kinetics
- Train and Train for Her Magazines
- Amazing Wellness Magazine
- Muscle & Performance Magazine
- Florastor
- Andalou Naturals
- Muscle Mac
- XBAR Fitness
- NeoCell
- Twinlab
- SOL and SELENE
- Crispy Green
- Pines Wheatgrass
- Fitbit
- Entimio Olive Oil



LET'S GET STARTED

Questions? Ready to work together?
 Send me a message at meganmeisnerfitness.com
 or give me a call at 708-341-3411 to get started.