

MEDIA KIT

I Choose My Best Life

Dr. Sandra Dalton Smith

www.IChooseMyBestLife.com

Welcome



SAUNDRA DALTON-SMITH M.D.

I Choose My Best Life (ICMBL) is a wellness and lifestyle blog founded by Dr. Saundra Dalton - Smith, a board-certified internist, award-winning author, wife, and mom of two. Dr. Saundra is a self-proclaimed rest obsessed, life loving, joy seeking woman who believes every life can be better when you make better choices. She loves learning and sharing the latest health and wellness tips available to help you live your best life now.

I Choose My Best Life was named one of the Top 50 Christian Women Blogs to follow in 2018 on Feedspot

DEMOGRAPHICS

- 90% of readers reside in the US
- 85% of readers are female
- 60% of readers are 35-64
- 40% of readers are book lovers

STATS

- 30,000+ Monthly Pageviews
- 23,353+ Unique Pageviews
- 21,000+ Email Subscribers
- 7,900+ Facebook Followers
- 3,760+ Twitter Followers
- 8,000+ Pinterest Monthly Viewers
- 1,770+ Instagram Followers

ADVERTISE

We offer several advertising options including: Website Ads, Newsletter Blast, Sponsored Posts, and Podcast Sponsorships

**For current rates, visit:
www.IChooseMyBestLife/Partners**

REVIEWS

Want ICMBL to review your product?

We would love to share your product with our followers. Reviews will always have honest feedback and must be something Dr. Saundra feels will be helpful to her community. Sending a product for review also gives you the option to host a giveaway. Email us to learn more.

CONTACT

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