



# TIFFANY TEMPLETON

## I AM FIT AND FEMALE

INSTAGRAM: @IAMFITANDFEMALE  
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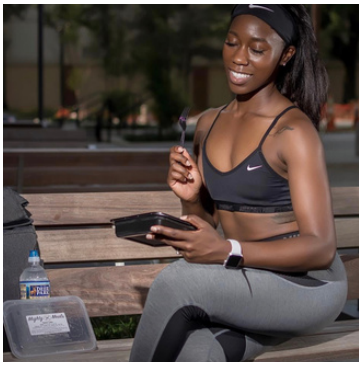
I am Fit and Female is about the millennial woman who makes healthy decisions despite her fast-moving lifestyle living in the city. She LOVES all things fitness, health, & wellness; and incorporates this into her daily lifestyle. She's relatable, fun, sporty, & loves a sneaker just as much as a mimosa!

I'm Tiffany Templeton, The fitness enthusiast who is an advocate for women's health and motivates her tribe to go after their fitness goals with zero limitations. My community relies on my mantra of *strong-motivated-happy* to pump up their inner strength, flex a positive mindset, and crush their fitness & life goals.



MOBOT





BRANDS I'VE WORKED WITH



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HelloBeautiful

Home > Fitness & Wellness

# 6 Black-Owned Brands That'll Keep You Cute For Your 2021 Fitness Goals

Marsha B. @introvertNthecity, Editor  
Posted 17 hours ago



Source: Fit and Female / Fit

Most people choose to address the new year. Because every year together in time for the spring heavy emphasis on diet and most of 2020, the public is r pounds.

Mighty Meals

# Team MightyFIT Spotlight: Tiffany Forte

By: Christine Bean



MARATHON KIDS



Women'sHealth

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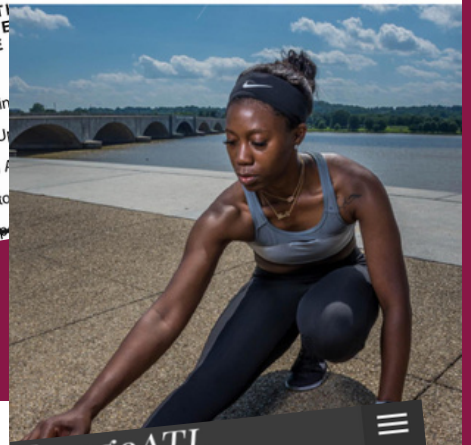
# Meet the 2019 Women's Health Action Heroes

Prepare to be seriously inspired.

JUL 10, 2019

fitandfemale\_ Washington D.C.

View Profile



RETAILBOSS

Home / News / 8 Black-Owned Fashion Businesses You Should Supporting

Posted 09/16/2020 in News by RETAILBOSS INC.

# 8 Black-Owned Fashion Businesses You Should Supporting

IVY MAGAZINE

WELLNESS FEATURED MEMBERS

STRONG. MOTIVATED. HAPPY.

AN INTERVIEW WITH TIFFANY FORTE, FOUNDER OF FIT & FEMALE

FIRST-YEAR MARATHON COACH TAKES KIDS' THROUGH THE

Tiffany Forte was volunteering for an organization called PowerUp. She met a representative from a organization which connects athletes to coaches through Athlete for Hope.



Tiffany Forte, Fit

I am Tiffany Forte, the owner of Fit and Female Active,

Tiffany Forte STRONGCAMP AMBASSADOR

Arkansas native Tiffany Forte is the proud owner of Fit and Female Women's Fitness Programs. "I wanted to create a fun, judgement-free community of women to not only encourage a more healthy lifestyle, but also to promote empowerment. My mission is for you to leave my class, training session, or events feeling strong, motivated, and happy," she says. Tiffany is also the creator of Sweat The City, a

byGEORGE

STORIES OF GEORGETOWN

What is your biggest got you to start programs?

September 4, 2019

# 'I Want Women to Get Up and Move



TIFFANY FORTE' PERSONAL TRAINER & COMMUNITY OUT-REACH COORDINATOR, ATHLETA 3229 M ST NW

VoyageATL

JULY 8, 2020

# Meet Tiffany Forte' of Fit and Female Active

LOCAL STORIES



Today we'd like to introduce you to Tiffany Forte'.

Tiffany, let's start with your story. We'd love to hear how you got started and how the journey has been so far. I've been a fan of the fitness industry for years, but often felt out of place in classes or at the

# FEATURES

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MARATHON KIDS

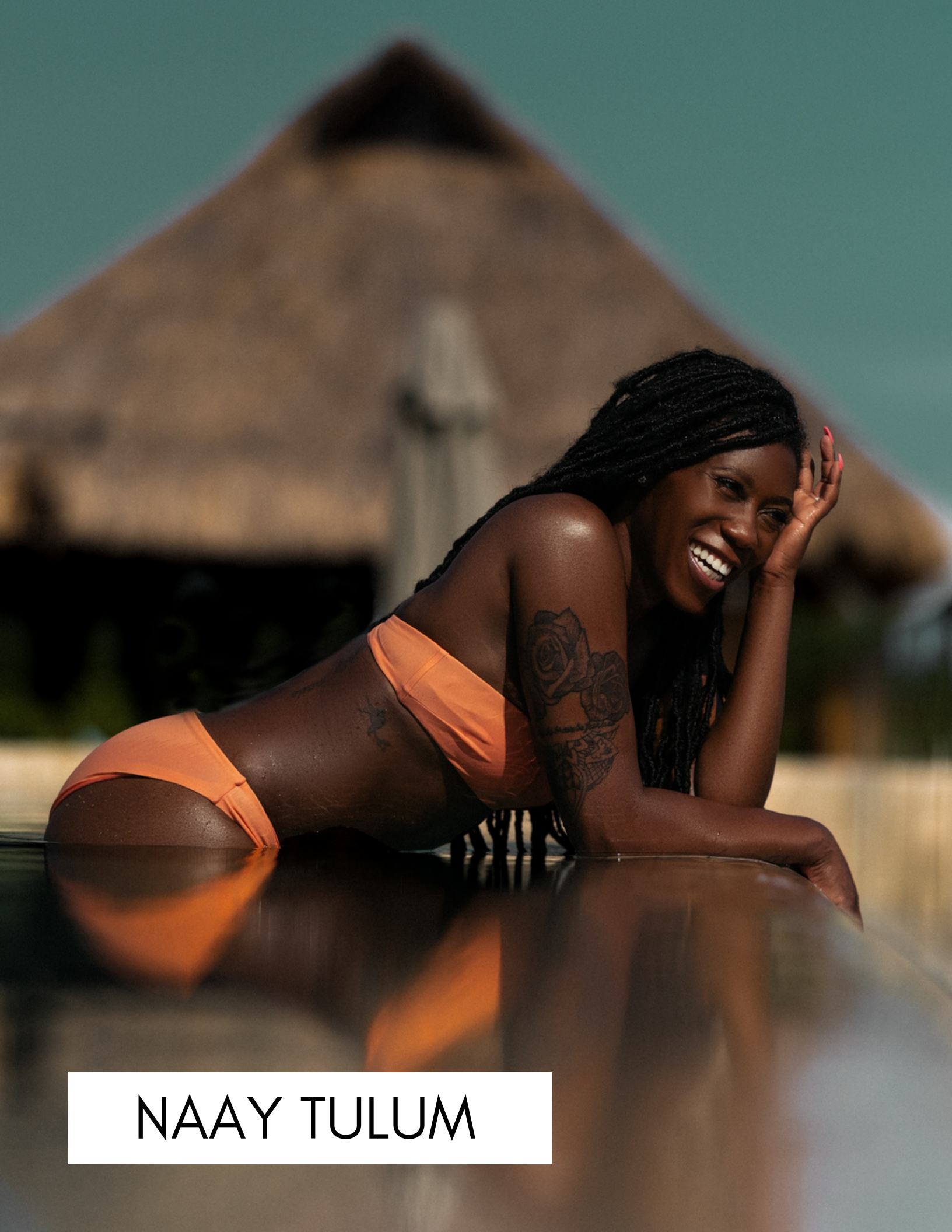
STRONG FITNESS MAGAZINE





ULTIMA REPLENISHER





NAAY TULUM



BROOKS RUNNING

# I AM FIT AND FEMALE

A FITNESS + LIFESTYLE DESTINATION FOR  
MILLENNIAL WOMEN IN METROPOLITAN  
CITIES



## SOCIAL STATS

### INSTAGRAM FOLLOWERS

**6,411**

monthly impressions:

**43,965**

monthly reach:

**27,526**

monthly engagement:

**665**

content interactions:

**1,335**

### FACEBOOK FOLLOWERS

**1,469**

## WEBSITE

### MONTHLY UNIQUE VISITORS

**178**

### MONTHLY PAGE VIEWS

**348**

### REPEAT VISITORS

**66%**

### EMAIL SUBSCRIBERS

**868**

## DEMOGRAPHICS

### GENDER

Female | **69.8%**

Male | **30.1%**

### AGE

25-34 | **39.1%**

35-44 | **32%**

### LOCATION

Washington D.C. | **20%**

Little Rock, AR | **13%**

New York, NY | **10%**

Atlanta, GA | **7%**

## OPPORTUNITIES

### BRANDED CONTENT

Sponsored Ad Placement on Website

Sponsored Social Posts

Product / Service Giveaways

### EVENT PROMOTIONS

Media-Trained

Spokesperson

Ambassador

Hosting + Coverage

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ASICS