



## **ABOUT SAGAN MORROW**

Sagan Morrow is a professional lifestyle blogger and freelance editor / writer.

She began blogging about healthy living at Living Healthy in the Real World in February 2008. Over the years, as her interests expanded, Sagan added two more blogs to the Living in the Real World brand: a communications blog at Living Rhetorically in the Real World, and a style and beauty blog at Living Fashionably in the Real World.

**Seven years after her first foray into the blogging world, she rebranded Living in the Real World to what it is today: SaganMorrow.com.**

SaganMorrow.com is a lifestyle blog featuring topics on food and fitness, style and beauty, writing and small business, and health and wellness.

**SaganMorrow.com is updated every Monday—Thursday:**

- Food & Fitness Mondays features recipes, product reviews, nutrition, fitness challenges, and favorite exercises.
- Style & Beauty Tuesdays features fashion ideas and how-to articles, outfit inspiration, and style and beauty tips.
- Writing & Business Wednesdays features writing and editing tips, productivity and organization hacks, insights on the freelance life, social media advice, and musings on being a home-based small business owner.
- Health, Home & Society Thursdays features topics on mental and emotional health, body image issues, rambles on downtown urban living, social and environmental musings, general health and wellness, home owner tips, and personal growth anecdotes.

Sagan Morrow has a degree in Rhetoric, Writing, and Communications, and she is also a Certified Holistic Nutritionist. Based in Canada, Sagan is available to work with businesses and organizations from around the world.



### **BLOGGING AND WRITING: RECOGNITION AND AWARDS**

- Listed as one of the top 10 Canadian health and wellness blogs (and the only Manitoba-based blog) by AHAA Living in 2014.
- Listed as one of the top 100 Leading Sites for Holistic Nutrition Consulting & Therapy at Holistic Nutrition Degree in 2014.
- Along with 34 other experts, contributed to a web panel on bone health for AlgaeCal in 2014.
- Nominated for the 2012 Reh-Fit Healthy Living Award.
- Top Blog in Nutrition for the 2011 Health Care Colleges Awards.
- Nominated for the 2010 Canadian Weblog Awards (categories: Food & Drink, and Health & Wellness).
- Received the 2010 Canadian Weblog Award in Sports, Fitness & Recreation.
- Nominated for the 2010 Best of Canada Natural Health Awards (category: Health Resource – Social Media).
- Nominated for the 2010 MouseLand Press Journalism Awards in the category of Sports, Fitness, and Health Writing.
- Received the 2010 MouseLand Press Journalism Award in the category of Review Writing.
- Selected as one of 10 bloggers to attend the POM Wonderful October 2009 Blogger Harvest Tour (the only Canadian blogger).
- Top Health Blogger in the Healthy Living Community with Wellsphere.

## HOW TO WORK WITH ME

- **125 x 125 ads on my blog sidebars.**
  - \$75 / month (minimum of one-year contracts).
  - Includes ad of your design with link to the webpage of your choice.
- **Text link ad in a blog post.**
  - \$50 / month (link will be posted on the blog for a minimum of one year).
  - Includes lead text of your choice to the webpage of your choice.
- **Guest blog posts and sponsored articles.**
  - \$100 / article.
  - Includes two social media mentions and the opportunity for up to five relevant text links within the article.
- **Product reviews.**
  - Minimum \$50 worth of product for a blog article reviewing your product within six weeks of receiving the product.
  - Minimum \$150 worth of product for follow-up review with two text links to the webpage of your choice, plus two Twitter posts with the hashtag of your choice and link to the webpage of your choice.
- **Blog sponsorships.\***
  - \$200 / month (minimum of one-year contracts).
  - Best value for long-term community building and promotional opportunities!

<b>Blog Sponsorship Feature</b>	<b>Value</b>
125 x 125 banner ad on blog sidebar	\$900
One mention of your organization or appropriate lead text with link leading to the webpage of your choice in a blog post each month	\$600
Opportunity for quarterly reviews of your product with a text link to the webpage of your choice and keywords of your choice	\$200
Opportunity to write quarterly guest posts about your organization and / or products on the blog	\$400
One mention of your organization each month on social media; includes link to the webpage of your choice and hashtag of your choice	\$360
Opportunity for up to three giveaways throughout the course of the contract	\$300
<b>TOTAL VALUE for one-year contract (the value is worth much more than the actual cost you pay!)</b>	<b>\$2,760</b>
<b>ACTUAL AMOUNT you pay</b>	<b>\$2,400</b>

*\*Please feel free to let me know if you have other ideas for creating a custom sponsorship package.*

*Note: partnerships are subject to change.*

## SOME PAST AND CURRENT PARTNERSHIPS...

- Asea
- Aspire Fitness
- Bimuno
- BuildASign
- Colgate
- Crystal Essence
- Easy Diet Labels
- Gaiam
- GoodLife Fitness
- Green Virgin Products
- Heavenly Products
- Jabra
- Kardea
- Nature's Path
- Nutiva Organics
- PINES
- Plan 2 Bee
- POM Wonderful
- Popchips
- Robert Rose Inc.
- SeabuckWonders
- Sears Pure NRG
- Simon & Schuster Canada
- Smarty Had a Party
- SoLo
- Staples Canada
- Teach Street
- The Store
- Tropical Traditions
- U-RAAW!
- Vionic Orthaheel
- Xango



## CONTACT

**Sagan Morrow:** Professional lifestyle blogger | Freelance editor + writer | Certified Holistic Nutritionist

Website: [www.SaganMorrow.com](http://www.SaganMorrow.com)

Email: [sagan.morrow@gmail.com](mailto:sagan.morrow@gmail.com)

Facebook: [facebook.com/LivingintheRealWorld](https://facebook.com/LivingintheRealWorld)

LinkedIn: [Sagan Morrow](https://SaganMorrow)

Twitter: [@Saganlives](https://@Saganlives)

Instagram: [@Saganlives](https://@Saganlives)

Pinterest: [@Saganlives](https://@Saganlives)