

## Founded 2010



Bonnie Lang is the creator of BonnieLangFitness.com and an ACSM-certified personal trainer in Calgary, Alberta, Canada. Her mission is to motivate others to create sustainable life change through fitness and healthy living, and shares tips on her blog and social media for how to live your fitness.

### Social Media:



@bonnielangfitness (2093)



@bonnielang (2577)



@sthealthyiving (890)



@bonnielang1 (327)



### RATES:

Social shares: \$5

Instagram post: \$25

Social Video: \$50

YouTube video/review: \$75

Blog Post: \$100

Blog Post + Video: \$150

### Clients/Affiliations:

2XU

BiPro Canada

FitFluential

Gatorade

SportChek

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