



Dr. Mallory Fox

WELLNESS EDUCATOR + BLOGGER
IG + TIKTOK @DRFOXYFIT

58.1K

INSTAGRAM
FOLLOWERS

3.8%

ENGAGEMENT
RATE

4.5K

EMAIL
SUBSCRIBERS

4K

UNIQUE
VISITORS

12K

PAGEVIEWS

5.1K

SMS
SUBSCRIBERS

ABOUT

Dr. Mallory Fox is an Arizona native with an avid interest in education, wellbeing, and self care. Her passion for education led her to receive a Doctorate in Health Sciences, a Masters of Science in Human Movement, and multiple professional certifications in kinesiology, movement, yoga and mindfulness, teaching and speaking experience. She channeled her passion for helping others into her movement business, Foxy Fitness LLC, where she trained over 25,000 hours one-on-one with clients.

After suffering a traumatic brain injury and losing sight in her left eye, Dr. Fox was faced with a challenge: how to adapt her business to support her health and wellbeing. This transformation has led her to blogging, speaking, and teaching others to live mindful lives.

PRESS + PAID PARTNERSHIPS

- lululemon
- gorjana
- Liquid IV
- Manduka Yoga
- Carbon38
- frank body
- Beyond Yoga
- Vegamour
- National Academy of Sports Medicine
- Voyage Phoenix
- American Fitness
- AZ Foothills
- Powerhouse Women
- Women's Health
- Bala Bangles

CARBON³⁸



 **lululemon**

 **gorjana**

COLLABORATION OPPORTUNITIES

Dr. Mallory Fox

WELLNESS EDUCATOR + BLOGGER

LET'S WORK TOGETHER

Have a collaboration in mind? Let's discuss! Contact Dr. Mallory Fox to brainstorm your ideas today.

customized packages and bundles available upon request

SOCIAL ENDORSEMENT

starting at \$600/story set (3-6 slides)

Instagram stories are a popular way to get the word out about a new product or service. With this option (included gratis with the IG Sponsored Post and Blog Product Review Options), Mallory will unbox your product and highlight benefits. A week later, she will share her experience with your product to her stories.

BLOG REVIEW + IG POST

starting at \$2000 per post

Do you have a wellness product or service you think our readers will LOVE? Let's work together! Pending approval, Mallory will test your product or service and write a dedicated blog post, complete with professional photos and over 1000 words. **Each blog post goes out to her subscribed readers, and receives a dedicated Instagram grid post and 3-6 Instagram story slides.**

SPONSORED POST/ REEL-IG

starting at \$1500 per post

If you need a wellbeing expert to share your product with a loyal following, an Instagram sponsored post is a great way to get exposure to interested consumers. Mallory loves to share the products and services that she utilizes day to day to help her (and her clients) lead healthy, balanced lives. With a high engagement rate, Mallory's following trusts her advice and insights.

Purchase includes standard usage rights, a dedicated grid post and 3-6 story slides.

GUEST BLOGGING

starting at \$1000 per post

Do you need an expert opinion, or a special topic covered? Dr. Mallory Fox is happy to help! Using an evidence-based approach, Dr. Fox will research your topic of choice, provide reliable sources to back up the material, and present the information in an easy-to-digest manner. Dr. Fox has served as a subject matter expert for the National Academy of Sports Medicine, American Fitness Magazine, Women's Health, and Pop Sugar Fitness among others.