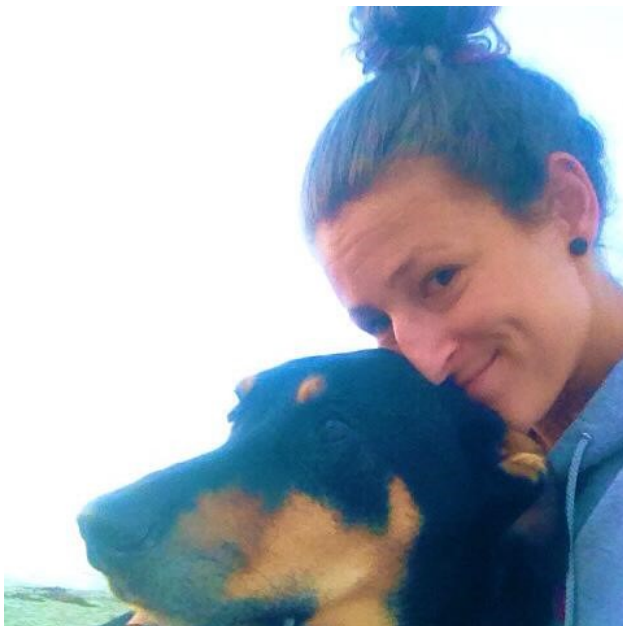


Caitlin Pruden's Media Kit



<http://www.fitmamalife.com>

fitmamalife1@gmail.com

“Fit Mama Life” is a health and fitness website where she shares her thoughts on living a healthy life as a busy mom. Caitlin has worked with brands such as, Oakley, Living Proof Gear, Feel Good Movement, Ellie, Hylete, and ReebokOne.



ABOUT CAITLIN

Birthday: June 30, 1986

Current City: Haymarket, VA

Favorites: CrossFit, yoga, weight training, running (mostly with my dog), hiking, the ocean and beach, sunshine, taking adventures, traveling

Certifications: ACSM-CPT, NESTA-Fitness Nutrition Coach, IFPA-Pre/Post Natal Fitness Instructor, CPR/AED, CrossFit Level 1 Trainer

Specialities: toning/strength training, weight loss, interval training, Olympic weight lifting, CrossFit, pre/post natal fitness

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