

# Health Alignment

VEGAN FOOD  
& LIFESTYLE



INSTAGRAM



3,400+

FACEBOOK

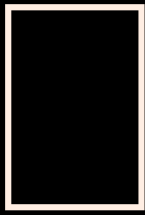


4,800+

HA APP



1,100



# Health Alignment

## VEGAN FOOD & LIFESTYLE

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www.health-alignment.com  
@health\_alignment

### ABOUT

I founded Health Alignment to show what an abundance there is when living a plant-based lifestyle.

My blog, social media pages and mobile app share key aspects of a healthy lifestyle and ways of creating wholesome, healthy plant-based meals that are quick and easy to make using simple and local ingredients..

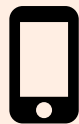
### HA FOLLOWING



3,500



5,000



1,100

### AFFILIATIONS

- Food Lover's Market & Co,
- Rugani Juice
- Earth & Co Plant Based Milk
- Veganuary



### SOCIAL MEDIA STATISTICS

I have been steadily growing my social media across multiple platforms and utilise the paid advertising methods available to maximise our post reach to your desired audience.

My audience is predominantly women between the ages of 18-34 based in South Africa with over 80% from Johannesburg and Cape Town.

**"Veganism is not a sacrifice. It is a joy."** -Gary L. Francione



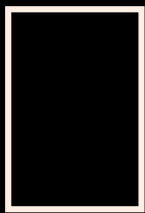
**Average Reach - 8500+**



**Average Reach - 9000+**



**Average Reach - 1000+**



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## SERVICES

We create custom content for your business that will be published on all the Health Alignment channels and will also be made available for you to publish on your own channels.

We also offer custom social media campaigns that allow us to reach a much wider social media audience depending on your specific demographic and budget available.

## STANDARD PACKAGE - R1750

- 1 Review of product, restaurant etc.
- 2 Posts on Facebook
- 2 Posts on Instagram
- 1 Push Notification on HA App

## PREMIUM PACKAGE - R2750

- 1 Review of product, restaurant etc.
- 5 Posts on Facebook
- 5 Posts on Instagram
- 2 Push Notification on HA App
- Analytics on engagement with content



## CUSTOM SERVICES

- We can customise our services to suit your needs.
- You provide us with your brief
- We will provide a campaign quote

## CONTACT US

- [michaela@health-alignment.com](mailto:michaela@health-alignment.com)

