

Tameika G

Wellness & Lifestyle Influencer



Hi There!

I'm Tameika and I have the pleasure of running a platform dedicated to helping women create a sustainable healthy lifestyle. The wellness industry can feel so homogenous - lacking in diversity in age, race and body type. So it is my core mission to provide a safe space for everyBODY; where women of all demographics and shapes can come to embrace wellness.

My mission is deeper than weight loss. It is to empower others to build a lifestyle that is both holistic and sustainable - allowing women to feel true vitality in life! After **losing 90 lbs, 15 years ago**, and subsequently quitting my corporate job to become a traveling entrepreneur my desire has been to help women across the world achieve the happiness I have found in a life by design!

I am reputable within my community and have the pleasure of serving primarily women of color who desire to live healthy and meaningful lives.

103K+
IG FOLLOWERS
Across all channels

16K+
EMAIL SUBSCRIBERS

28.1K+
WEEKLY IMPRESSIONS

As seen in...



ESSENCE

yahoo!

IHUFFPOSTI



MUSCLE & FITNESS

TRAVEL+NOIRE

EatingWell.

NECOLE

Health

RACHAELRAY



Tangerine

IG & WEBSITE AUDIENCE

Minority women age 25-55

Top Countries: US, Canada, UK

Top Cities: NY, ATL, Houston, Toronto & Chicago

My audience is filled with women who want to better themselves: mind, body spirit. They have substantial disposable income and are keen to invest in themselves!



MY OUTLETS:

CLICK THE LINKS BELOW TO GO TO
MY VARIOUS SOCIAL CHANNELS

IG:

[@TameikaG](#)

[@TameikaGTravels](#)

[@whole_experience](#)

Websites:

[www.tameikag.com](#)

[www.thewholeexperience.org](#)

WHY SHOULD WE WORK TOGETHER?

I have created a safe & real space where my audience is free to learn and be realistic about wellness. I emphasize mindfulness and address health from the inside out!

I encourage my community toward a sustainable path of long-term wellness and FREEDOM including the ability to travel, have financial freedom & live the life of their dreams!

I look forward to hearing from you and working together!

Contact me at: +1 386 259 1198 or [Hello@tameikag.com](mailto>Hello@tameikag.com)