



# Ivory Howard

Fitness Instructor & Content Creator

## About Me

Ivory Howard understands that everyone's relationship with health and wellness is different, and she seeks to honor that with her work. She provides her clients with challenging workouts focused on strength, balance and flexibility.

She's been seen in US News and World Report, Fit & Well, The Atlantan, Jezebel, Men's Book Atlanta, Voyage LA, and Voyage ATL for helping others achieve their health and fitness goals.

**+6,700**  
Followers

**+4,700**  
Reach

**+1,800**  
Impressions

## INSIGHTS

- Top Countries: US, UK & Australia
- Top Cities: New York, LA & Atlanta
- Top Age Group: 35-45

## SERVICES

- Dedicated Instagram Feed Post
- Instagram Story Post
- Product Service Review Reel
- Brand Ambassadorship



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