

Faith. Family. Weight Loss.



THE HOLY MESS

The Holy Mess, theholymess.com, is a website strengthening women as they grow in faith & lose weight.

Audience

- 95% women
- 75% Ages 40-60
- 80% in United States
- 70% interested in weight loss
- 40% Weight Watchers members

Monthly Reach

Page views - 350,000-450,000 per month. Email subscribers - 55,000 Email open rate 26% & 5% click-through rate Course Enrollments - 13,300 Monthly Membership - 200

Available For

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As seen in

- Sponsored posts
- Recipe creation
- Email promotion
- Social media promotion, including IG stories & videos
- Creative thinking & collaboration

FOX BBC NEWS NEWS

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As Seen On...

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Meet Sara

SARA BORGSTEDE SPEAKER, WRITER, MENTOR

Sara is a writer, speaker, and 130+ pound weight loss success story.

Her website, The Holy Mess, reaches millions of readers.

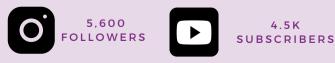
Sara helps women lose weight and grow in faith, with an impressive 38,000+ people completing free weight loss challenges under her guidance to date.

Her book, *Fear Less: 30 Devotions for Courageous Faith*, is available on Amazon.

She is a Weight Watchers Lifetime member at her goal weight and follows a Whole Food, Plant Based diet.







303-627-7923