



HelsBels

A runner and bowler, talking about fitness and cake!

www.helsbels.org.uk

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Introduction

London based fitness blog, promoting a healthy lifestyle through activity and food, run by a 30 year old mother of one. Helen is a former international tenpin bowler and documents her journey to fitness and health from the candid and honest point of view of a non-athlete. Helen is also the founder and owner of the UK Fitness Bloggers Network (375+ members) and is the Lead Writer for Up For A Challenge (fitness search engine and blog). HelsBels was shortlisted for Best in Fitness in the 2015 Cosmopolitan Blog Awards and 2014/2015 National Running Awards Best Blog, and won Best Running Blog in the 2015 MyProtein Blog Awards.



Brand Relationships



Kioplan



Services Offered

- Advertising
- Ambassadorships
- Giveaways
- Product Reviews
- Press trips
- Sponsored posts

Monthly Blog Statistics

Unique visitors (June 2016): 5,557

Visits (June 2016): 13,340

Page views (June 2016): 32,709

Domain Authority: 29

Connect With Me



@Helsieboo (2316)



facebook.com/helsbelsorg (311)

Information correct as of July 7th 2016