



Fit As A Mama Bear

By Shelby Stover

A Canadian based health and fitness blogger covering workouts, fitness tips, healthy tips and allergy-friendly recipes, natural parenting and diy products.

My readers are 25-40 year old women located in Canada or the US. They are looking for help to live a healthier lifestyle while enjoying what they do.

PV
23,094

UMV
11,832



8.8k



725



1314



6152

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