



Your Health Moment

with Dr. Fitness



Media Kit & Sponsorship Opportunities

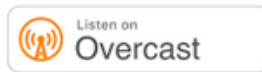
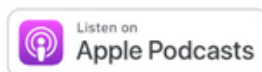
Max Sturdivant *a.k.a. Dr. Fitness*

Health & Wellness Trainer

Podcast Host

Fitness Coach

iHeart Radio Personality



<https://www.yourhealthmoment.com>

Let's get social!



@ iam.drfitness



@ yourhealthmoment



@ iamdrfitness



@ maxsturdivant

Dr. Fitness has over 35,000+ followers across these social platforms

ABOUT DR. FITNESS

Max Sturdivant, better known as Dr. Fitness, is a fitness and nutrition professional.

Dr. Fitness is a solid brand with over 22 years of experience in the health and wellness industry. He has developed personalized wellness programs, corporate wellness programs, targeted programs for the aging population and abdominal fat reduction support.

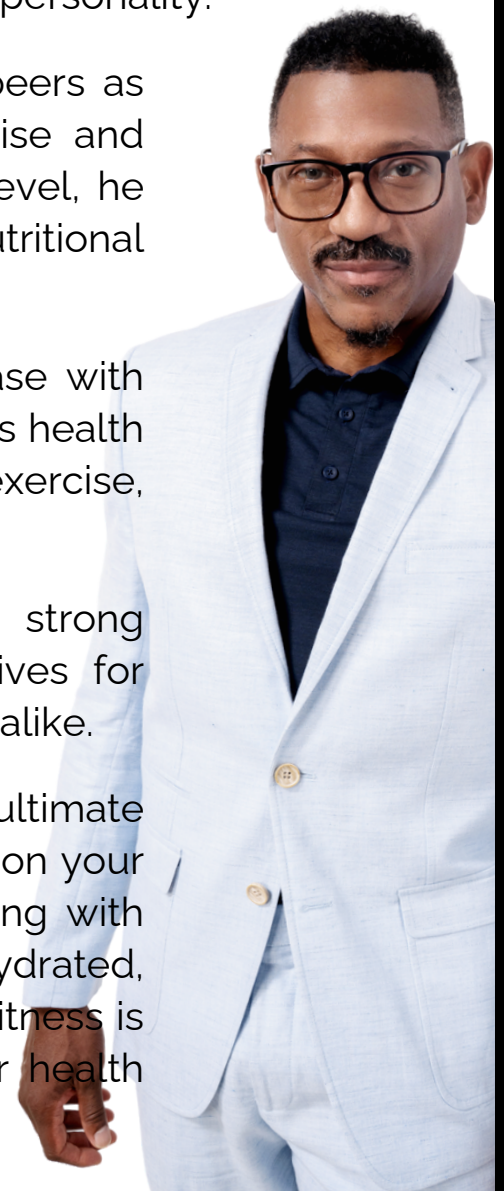
Dr Fitness is an ardent advocate and believer in the programs and products he promotes. His enthusiasm influences a diverse audience, thousands of subscribers, through his social media platforms, blogs, and newsletters. He inspires millions of listeners every week to create solutions for their fitness, nutrition, and recovery challenges as an iHeart Radio personality.

He is highly admired and respected amongst his peers as President of the Jacksonville Association of Exercise and Nutritional Professionals (JAENP). On the National level, he co-chairs the National Association of Exercise and Nutritional Professionals (NAENP).

For years, Dr Fitness has engaged his wide fan base with monthly challenges aimed directly at improving one's health by focusing on specific areas such as nutrition, exercise, sleep, stress management, and water intake.

Dr Fitness is an undeniable force in building a strong community supporting health and wellness initiatives for individuals, businesses, and healthcare professionals alike.

Dr. Fitness' Your Health Moment podcast is your ultimate resource for embarking, sustaining, and persevering on your path to optimal well-being. Whether you're grappling with weight management, nutrition choices, staying hydrated, fitness routines, or effective time management, Dr. Fitness is your dedicated guide and support throughout your health journey!





Sponsorship Opportunities

Dr. Fitness has an engaged and highly relevant audience. Invest in the "Your Health Moment" podcast for maximum reach.

2 Episodes

- pre & post roll .30 second commercials
- Sponsorship mention and hyperlink in show notes
- Sponsorship mention and hyperlink in 2 social posts per episode

\$400

4 episodes (1 month)

- pre & post roll .30 second commercials
- Sponsorship mention and hyperlink in show notes
- Sponsorship mention and hyperlink in 2 social posts per episode

\$700

12 episodes (3 months)

- pre & post roll .30 second commercials
- Sponsorship mention and hyperlink in show notes
- Sponsorship mention and hyperlink in 2 social posts per episode

\$2,000

If you are interested in podcast sponsorship, please reach out to drfitness904@gmail.com or call 904-236-5858.

