

# AN EXERCISE in frugality

Life | DIY | Family | Budget | Travel | & More



## -about the blog-

An Exercise in Frugality is a lifestyle blog with a frugal twist. The site focuses on helping readers get the best value for their money,

By shopping smart and choosing value-driven, reliable brands, consumers learn to spend their money intelligently. Readers enjoy everything from recipes to DIY projects, tutorials, reviews, travel and much more!

## -blog statistics-



2.5K followers  
12K monthly reach



1.5K followers  
1K monthly reach



3.7K followers  
78K monthly reach



9.7K followers  
1.5 million monthly reach

60,000  
page views  
as of August 1st 2017

44,000  
unique visitors



hello!

Rose Siders is a New York-born, Minnesota-raised, blogger with a passion for helping her readers learn how to live a happy and full life on a budget. She lives with her husband, Andrew, and their dog and cat near Minneapolis, Minnesota

[rose@anexerciseinfrugality.com](mailto:rose@anexerciseinfrugality.com)  
[www.anexerciseinfrugality.com](http://www.anexerciseinfrugality.com)

## -past partnerships-

P&G

Kia

3M

Volvo

Glucerna

Capital One

HP

Mitsubishi

TurboTax

Mazda

TMobile

Amazon

## -partnership opportunities-

sponsored post  
brand ambassadorship

social promotion  
product review