



Move Mama Move Media Kit

The Stats

3000+

Monthly Pageviews

2500+

Unique Monthly Visitors

365+

Email Subscribers

The Numbers

f 1060+

Facebook Followers

📷 2200+

Instagram Followers

🐦 1390+

Twitter Followers

📌 1900+

Pinterest Followers

What is Move Mama Move?

Established in 2018 and growing ever since, Move Mama Move is a lifestyle blog developed by, me, Lisa Alemi. My content revolves around relocating & travel [Move], motherhood [Mama], and health & fitness [Move].

About Me:

Hello! I am Lisa, a wife, mama to "Chulengo" and "Bambino," physical therapist, lover of life, and blogger for Move Mama Move. I am a self-proclaimed recovering "Type-A" who is attempting to live each chapter of life to its fullest and learn to go with the flow. When I'm not busy juggling my newly expanded family, I can be found traveling, trying new recipes, popping open bottles of wine, reading, and attempting to maintain an organized life.

How to Reach Me:

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