



JESS MOVOLD

RUNNER
MOM
HIT IT
CREATOR
ATHLETE
STRENGTH

CREATOR CRUSH IT
COACH STRENGTH MOM
ATHLETE COACH
STRENGTH MOM CREATOR
CREATOR
CRUSH IT COACH RUNNER

JESS MOVOLD IS

an athlete, licensed strength and running coach, and content creator based in Austin, Texas. Growing up as a runner and athlete, then later overcoming the challenges that life can throw, she knows firsthand the power that strength training and running have in helping her clients find the best version of themselves. Fitness is a moving force in Jess' life, and her mission is to bring others to their most happy and healthy selves through strength training and run coaching — so let's crush it.

SOCIAL MEDIA



18K+
Across All
Platforms

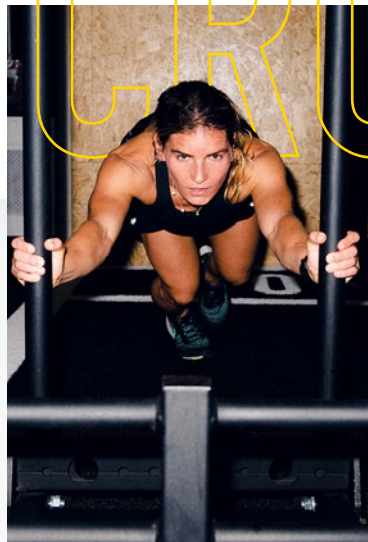


16.3K Followers
@JessMovold

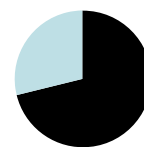


1.7K Followers
Jess Movold

LET'S CRUSH IT.



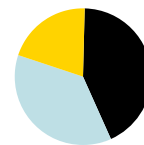
STATS + DEMOGRAPHICS



73% Women
27% Men



16.1% NYC
1.2% Austin
1.1% Los Angeles

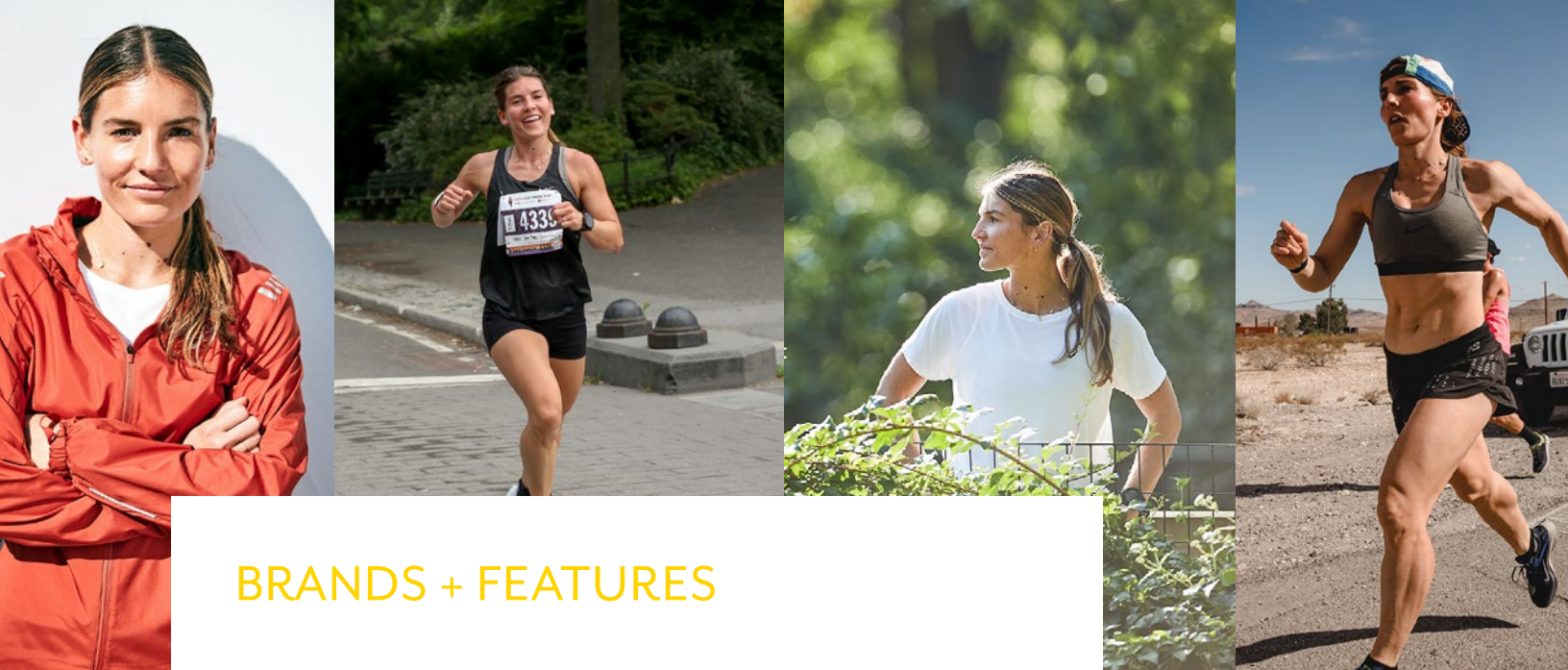


39.3% 35-44
33.3% 25-34
17% 45-54

32,800 Total Average Reach

5.5% Engagement Rate

8,400 Average Views



BRANDS + FEATURES

RUNNER'S WORLD



LOVEVERY.

NordicTrack



organifi

SHAPE



Women'sHealth

saucony



WELL + GOOD

Men'sHealth



GARMIN.



WHERE TO FIND JESS

The Fort

ONLINE RUN + STRENGTH
PROGRAMMER & COACH, CREATOR

Runner's World

RUN COACH, EDITOR, & CREATOR

RunKeeper

AUDIO GUIDED RUN COACH

CONTACT

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