



# Life in Pumps

LIFEINPUMPS.COM



## profile

Tomika is a forty-ish wife and mother of two teens. Trained Bio-Chemist turned sports mom who resides in the suburbs of Philadelphia, but still loves the sites and sounds of the city. She is the mouth of TomikaTalks (IG) and the Thought Leader at Life in Pumps. Tomika has appeared on Dr. Oz and the Q Show and has been included in several major publications.

## about us

Life in Pumps is a lifestyle blog dedicated to helping families balance the busyness of life. We share relatable post about family, fashion, wellness and travel. We invite you to join us on a journey of transforming drab to fab, living fearlessly and fabulously.!

## social media



36K



10K



5K

## blog statistics

5K

MONTHLY UNIQUE VISITORS

15K

MONTHLY PAGE VIEWS

## collaborations

