



The Happy Health Freak



Myra Mingo

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I have a passion for eating healthy, working out and just being happy! On my blog you'll find recipes, fitness routines, product reviews and health & wellness tips.

I want to help others reach their goals whether it be meal planning, weight-loss, learning how to cook or just doing things that make you happy!

Join me in helping others :)

Statistics

www.thehappyhealthfreak.com

Monthly Page Views: 11,000+

Unique Visitors: 7,000+



3,000+



1,700+



1,200+



2,000+



250+

Services

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Sample Writings

Product Review

No-Churn Chocolate Protein Ice Cream

Giveaway

Nuzest Clean Lean Protein

Blender Babes

Oil Pulling in 3 Easy Steps

10 Tips on How to Stay Healthy During the Holidays

5 Tips for How to Start Eating Healthy by Sneaking Veggies!

Meatless Monday

Official Meatless Monday Blogger featured in numerous Eater's Digest issues

Wellness Media

Contributor to three online issues of Wellness Magazine– Apr 2014, Aug 2014, Nov 2014

April 2017