

# DIAN HERDIANA - FIT GLOBAL LIFE

CONTENT CREATOR & FOUNDER OF **FITGLOBALLIFE.COM**

WELLNESS | LONGEVITY | PERFORMANCE OPTIMIZATION

## ABOUT FITGLOBALLIFE

FitGlobalLife.com is an independent digital publication focused on wellness, longevity, and performance optimization. We publish research-driven, education-first content designed to help readers understand and implement evidence-based strategies to improve their health, nervous system regulation, recovery, and long-term performance. Our content bridges scientific research and real-world application, making complex wellness and longevity concepts practical and actionable.

Publisher: Dian Herdiana

Official Website: <https://fitgloballife.com>



## TRAFFIC & ACQUISITION

Primary acquisition channel: organic search (SEO).

Content is designed to generate long-term evergreen traffic, allowing continuous product discovery opportunities.

## CONTENT FOCUS

- Nervous System Regulation      ► Longevity & Preventive Health      ► Sleep & Circadian Optimization
- Nutrition & Supplementation      ► Performance Lifestyle & Tools

Content formats include educational guides, product reviews, and evergreen recommendation content.

## AUDIENCE PROFILE

FitGlobalLife serves readers actively seeking solutions to improve their health and performance.

Typical audience includes:

- Nervous System Regulation      ► Longevity & Preventive Health      ► Sleep & Circadian Optimization
- Nutrition & Supplementation      ► Performance Lifestyle & Tools

Content formats include educational guides, product reviews, and evergreen recommendation content.

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# MONETIZATION INFRASTRUCTURE

FitGlobalLife is partnership-ready with:

- Google AdSense (approved publisher)
- Amazon Associates Program
- Affiliate tracking infrastructure
- Compliance-ready legal pages

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## PARTNERSHIP OPPORTUNITIES

FitGlobalLife partners with brands in wellness, supplements, digital tools, SaaS platforms, and educational products.

Partnership formats include affiliate partnerships, product reviews, and long-term collaborations.

## CONTACT & VERIFICATION

**FitGlobalLife.com is owned and operated by Dian Herdiana.**

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