

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.

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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