

# Charlotte Holmes

Female | London

For the last 10 years, Charlotte has worked in the health and fitness industry, inspiring her (and big brands') fans to move their bodies for the better. As a PT, group fitness instructor and qualified yoga coach, her love for wellness shines through the screen — a quality and skillset sought out by top London fitness boutiques and international fitness retreats.

**Instagram:**

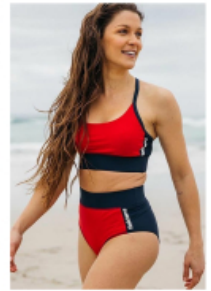
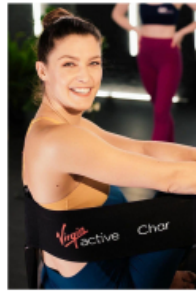
31.6k

**Specialist Categories:**

Fitness, Sport, Travel, Health, Coaching, Sustainability, Self-Love

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## Instagram Report



@misscharholmes

31.6k Followers

### Audience

**Top country:** UK  
**Top gender:** Female  
**Top age range:** 25-34

**Male-female audience %:**  
Male 45% Female 55%

**Audience age:**  
13-17: 2% 18-24: 32% 25-34: 48% 35-44: 14% 45-54: 4% 55-64: <1% 65+: <1%

**Estimated reach:**  
2.5k-15k

### Engagement

**Authentic engagement:** 185 per post.  
**Avg. likes per post:** 278

**Avg. comments per post:** 11  
**Engagement rate:** 0.9%

# !hyped