MEDIA KIT · NOVEMBER 2026

Julie Hamre Ryen

Online coach, model and content creator in training, fashion and lifestyle



47.6K
followers on TikTok

11.6K
followers on Instagram

370K
views in the last month on TikTok and Instagram

About *Julie*

Training and everyday life that reach hundreds of thousands every month

Julie Hamre Ryen is an online coach and content creator, with training, fashion, beauty and lifestyle as her main topics. Her content is meant to feel genuine, aesthetic and engaging, with creative storytelling, personality and humour. She reaches a young audience where more than half of her TikTok viewers are women, and is looking for brands she can build long term relationships with.

01 **Around 59,000 followers** across TikTok and Instagram combined.

02 **6.6 million likes** on TikTok.

03 **Verified on Instagram** with 689,000 views in the last 90 days.

04 **Her own online coaching** where she guides others in training and health.

Audience

TIKTOK **47.6K** followers

184.4K views	**64.7K** viewers
41K profile views	**7.3K** likes

INSTAGRAM **11.6K** followers

186.4K views	**40.4K** unique viewers
10.5K profile visits	**74 %** of views from new viewers

Figures from TikTok Analytics (4 to 31 October 2026) and Instagram Insights (last 30 days, 31 October 2026).

How we can *work* together

01 **Social media collaborations**

Content on TikTok and Instagram for brands in training, nutrition, fashion, beauty and lifestyle.

02 **Ambassadorships**

Long term partnerships where the brand becomes a regular part of her training and everyday life.

03 **Modelling jobs**

Photo shoots and campaigns for activewear, fashion and lifestyle.





TOPICS

Training | Fashion | Beauty | Lifestyle | Personal development | Nutrition

Want to work with Julie?

Prices on request. Send us an email about what you have in mind, and we will get back to you quickly.

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