



Michelle Blackwood

RN, Food Blogger , Health Coach

Michelle is the dedicated owner and driving force behind Healthier Steps, a website committed to sharing delectable plant-based and gluten-free recipes for over a decade. With a passion for promoting healthier lifestyles, Michelle's expertise extends beyond the kitchen as she offers guidance and coaching to those seeking a more balanced and nourishing approach to life. Through her wealth of experience and commitment to well-being, Michelle has cultivated a thriving online community that continues to inspire and empower individuals on their journey towards healthier, more fulfilling lives.

AS SEEN IN

**WOMEN'S
HEALTH**

TODAY

**TASTE OF
HOME**

DELISH

SIGNATURE TOPICS

- ✓ Plant Based Recipes
- ✓ Gluten-Free Recipes
- ✓ Managing Anxiety and Stress
- ✓ Wellness and Self-care
- ✓ Gardening

LET'S WORK TOGETHER!

Please feel free to contact me for any concerns or questions.

✉ hello@healthiersteps.com

🌐 www.healthiersteps.com

📷 29.2K

@healthiersteps

🌐 700K

monthly page views

📺 8.4K

subscribers

📘 219K

followers

✉ 8K

email subscribers