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MARK & MARY BLACK

Living the Aging Youthful Lifestyle



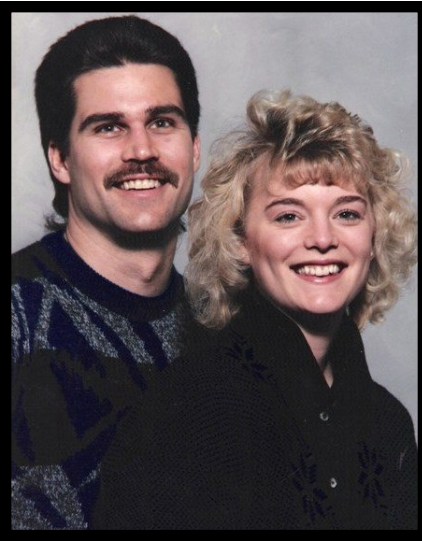
Media Kit

MARK & MARY BLACK

Hey There. It's So Nice To Meet You!

We'd love to get to know you better and since you found us first via the internet and we can't ask you tons of questions to make sure we are going to love working together, we'll do our best to share our story to see if we are a good fit for you.

Fate Kept The Faith



We have to go waaaaaaaaay back, as we met innocently on a warm beach in Northern Minnesota (no, that is not an oxymoron) in 1981 when Mark and a friend of his tried to pick up this teenager and her girlfriend. When the 20-something boys found out us two girls had just turned 15, they left faster than a muscle car in *The Fast and The Furious*. The timing may have been off but fate kept the faith and five years later, we met again at a broomball tournament. This time I was no longer jail bait and as they say, the rest is history.

Fast forward to today: While everything hasn't been rainbows and sunshine, we sure have had fun by not letting anyone else's idea of what we should be doing decide what we do. In numerous instances we've gone against the status quo and

done what people thought was "crazy" and blazed our own trail: from raising, training and racing a competitive sled dog team for 22 years, to living off the grid and road system for 10 years, to buying a gym, to closing the gym and moving to Florida, to leaving Florida to move to Alaska we've left more than a few people shaking their heads along the way. (I share more in the [Meet Mark & Mary](#) page).

What Are You Two Up To Now?

When we see friends or family instead of the usual "how are you?", the question above is what most of our friends and family ask when we talk to them. What are we up to now? I am coaching women to live a healthy lifestyle & find their passion again, we are training for a Strongman competitions, writing guest posts for other blogs as well as our [Aging Youthful blog](#) and are launching the Aging Youthful pod-

cast in 2018! Again, people are shaking their heads as we are speeding up as many of our peers are slowing down. We refuse to let age or anything define us...we will find a way around, over, under or will blaze our own trail if needed to do something we are passionate about!



"If you think you're old, you are." ~ Mark Black

MEET MARY

Aging Youthful Lifestyle Expert + Coach
Motivational Speaker, Blogger,
Podcast Host (early 2018)



FUN FACTS ABOUT MARY

- I like my Americanos like Mark: tall, dark and handsome.
- I'm obsessed with Aussie butts... dogs that is.
(But Hugh Jackman's isn't bad!)
- I love sun and moon rises.
- I love helping women rekindle their buried passions to follow their calling at an age when others tell them they are too old.
- I say Uff Da waaaay too much so most people know I'm from MN.
- **Bucket List Secret:** Drive a Zamboni.

MEET MARK

Master's Strongman Champion,
Haul Truck Driver,
Blog Contributor



FUN FACTS ABOUT MARK

- I'm more of a big softy than most people think.
- One of my favorite movies is The Sound of Music
- My dog is one of my best friends.
- I love the pain of the gym....Hurts so good !!!
- I am addicted to ice cream !!!
- My wife is my best, and sometimes my only friend.
- I love my healthy clean lifestyle I have now!!
- The Voice is my favorite show.
- **Bucket List Secret:** Learn how to sing (and be a karaoke champion).

OUR REACH



5,600+

Followers

1-4 posts/day

5,125

Connections

2-5 posts/week

1,175

Followers

1-2 posts/day

382

Followers

35 pins/day

1000+

Views/mo.

2-4 posts/mo.

700

Subscribers

1-2 emails/wk.

WHERE WE'VE BEEN SEEN



A LITTLE MORE ABOUT US

To Get To Know Us Just A Little Better

- We've been married for almost 30 years.
- We lived off the power grid for 10 years without indoor plumbing (and have no desire to do it again).
- In 2005 Mark won the John Beargrease Sled Dog Marathon (the toughest sled dog race in the lower 48).
- We love hanging at home.
- We do pretty much everything together.
- Our Australian Shepherd, Takum, a human in dog fur, and goes just about everywhere with us.
- Mary enables our cat Buster and if she's at home, he's right by her side (or laying on top of her).
- We'd love to work with you!

SERVICES



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Reviews



Brand
Promotor



Travel/Trip
Reviews



Public
Speaking

HOW TO GET IN TOUCH WITH US

If you think we might be a good fit, give us a shout at MarkandMaryBlack@gmail.com with your name, your brand, your website and your goal for our partnership (sales, brand awareness, etc.). We will review your proposal and get back to you within 24-48 hours. We look forward to meeting you and working together! In the meantime, be sure to check out the rest of the [Aging Youthful](#) site.

Mark & Mary