

SocialHipper

Influencer Profile Report · Generated June 23, 2026

Kate Rowe-Ham - Menopause Fitness Coach

INSTAGRAM @katerh_fitness United Kingdom, London

... London Marathon! ??? Kate is a health coach, personal trainer and one of the UK's leading voices on strength, movement and longevity for women in midlife.

0 FOLLOWERS	0 FOLLOWING	0 POSTS	0.00% ENGAGEMENT RATE	0/100 SOCIALHIPPER SCORE
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