

SocialHipper

Influencer Profile Report · Generated July 19, 2026

Erika Schlick | Health Coach, Blogger & Author

INSTAGRAM

@thetrailtohealth United States, Los Angeles

Host @thishealthylifepodcast and @lipedema.summit Founder @fullcirclemediaco & @thriveboxshop
Gluten Free Recipes/Travel, Chronic Illness, Longevity

143,541	0	2,871	1.43%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Technology

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 18, 2026	143,541	1.43%	1,788	261

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 14, 2026	1,950	169	0
Video	May 12, 2026	1,946	211	0
Video	May 07, 2026	1,873	248	0
Video	May 05, 2026	1,984	320	0
Video	Apr 30, 2026	1,825	235	0

Type	Posted	Likes	Comments	Shares
Video	Apr 28, 2026	1,882	287	0
Video	Apr 23, 2026	1,811	223	0
Video	Apr 21, 2026	1,934	311	0
Video	Apr 16, 2026	1,862	260	0
Video	Apr 14, 2026	1,770	359	0
Video	Apr 09, 2026	1,782	314	0
Video	Apr 07, 2026	1,757	309	0

This report was generated by SocialHipper — <https://www.socialhipper.com>

Data is based on publicly available information and may not reflect real-time metrics.