

PROMTPRESS PUBLIC REPORT

Channel audit

Fitness & Life – integration



@fitnesslifeintegration

 Gym workouts for sport, health, life . All about training, nutrition, supplements. Sport as a path to a happy life! PR: @irinaglushkovag Write via Perfluence:...

SUBS

49 497

-425 per month

ERR (% SEE POSTS)

70.0%

per day **31.3%**

REACH/POST

34.6K

ad reach **15.5K**/24h

— CONTENTS · 2026

What's inside the report

01 Channel Snapshot

12 key metrics · AI summary

02 Content analysis

Top-5 posts · worst 3 · insights

03 Subscriber dynamics

Yearly growth chart

04 Ad potential

How long a post drives reach

05 Competitors

Niche neighbors · your spot

06 Mention dynamics

6 months · monthly

07 Niche Comparison

Rank in 'Health & Fitness' category

08 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a channel health indicator. Subtitle shows period.

 SUBS 49 497 —	 SUBSCRIBER REACH 69.95% avg % subs see post	 VIEWS/POST 34.6K median 34.6K · —	 POSTS/WEEK 1.0 for the period
 7D TREND — no data for period	 REACTIONS/POST 3284.0 only 3,284 reactions, 305 reposts, 0 comments	 POST LENGTH 1,000 chars median 1000 · —	 POSTS ANALYZED 1 —
 AD REACH 15.5K 24h avg	 CHURN / MONTH -425 last month	 CITATION RATE 1 citation index · 15 channels mentioned it ever	 CHANNEL AGE 3 years 1 month created 10.05.2023

AI EDITOR SUMMARY

Channel «Fitness & Life - Integration 🏋️» — 49 497 subs. Each post averages 34.6K people (70% from subs), broad reach for a channel this size. Publishes 1 posts/week (~0/day) — rare posts.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers – to see what to repeat and what to drop.

WHAT TOP POSTS SHARE

- 01 Analysis based on 1 posts for –.
- 02 Dominant format – Photo (1/1 posts).
- 03 Avg post length – 1000 characters (median 1000).
- 04 Peak audience activity – Thu, 12:00 MSK.
- 05 Top posts get x0 more views than the weakest (1 1.5K avg top vs 34.6K worst) – among 1 posts for –. Worth analyzing what top posts have in common: topic, format, timing.

TOP-1 POSTS

Nº1	11.06 · 09:17	PHOTO	Team in sports vs team of like-minded: what's the difference and why it matters? 🤔💪 Hi, my champions! 🙌 Today let's talk about something...	VIEWS	REACTIONS
				34 623	3 284
				REPOSTS	ER
				305	69.9%

WORST 1

↓	11.06 · 09:17	PHOTO	Team in sports vs team of like-minded: what's the difference and why it matters? 🤔💪 Hi, my champions! 🙌 Today let's talk about something...	VIEWS	REACTIONS
				34 623	3 284
				REPOSTS	ER
				305	69.9%

SECTION 03 · SUBSCRIBER DYNAMICS

Yearly channel growth

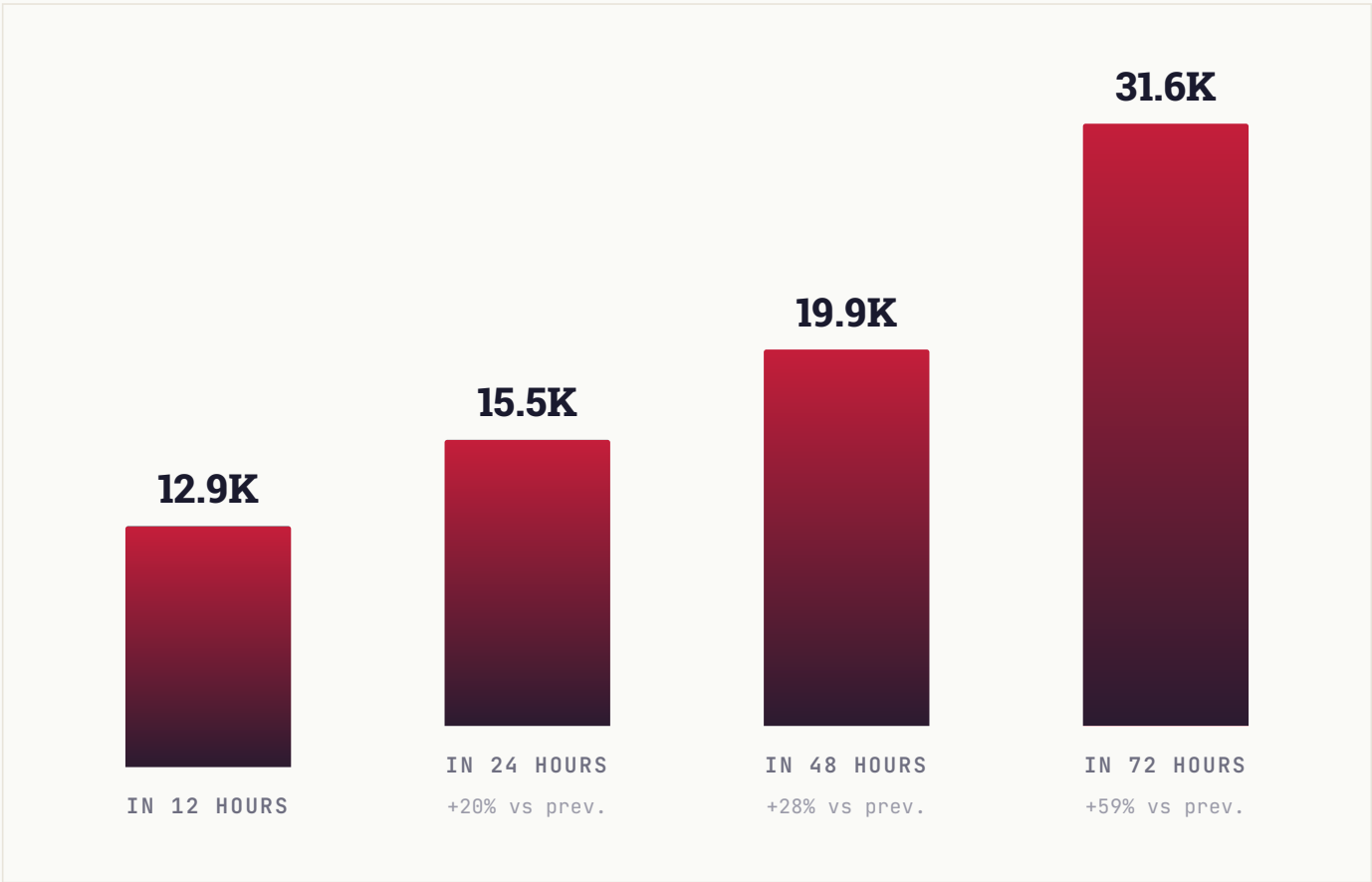
Yearly subscriber growth chart. Key months show exact subs. See gains and losses.



SECTION 04 · AD POTENTIAL

How long a post drives reach

Avg reach of ad post over time since publication. Helps estimate how long a placement should 'live'.



SECTION 05 · COMPETITORS

Who you compete with

11 closest channels by topic and audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBS
KZ Test purchase	766.3K
BI Biohackers	581.9K
BI Biohacking	532.6K
SL Sport Life	524.2K
VN Eternity in Tibet	493.1K
NT Our body	480.9K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	477K
BZ Stay healthy	447.7K
ZE Healthy food	416.8K
DZ Doctor Zubareva	413.5K
FI Fitness & Life – integration  YOU	49.5K

COMPARATIVE INSIGHT

Channel is still outside top 97 of niche — early growth stage. Niche leader — Test purchase (766.3K), median top-97: 154.7K. First goal — enter top-97 via systematic work with traffic and content.

SECTION 06 · MENTION DYNAMICS

How often channel is mentioned

We track mentions in other channels monthly. Last **6 months** such mentions found **13**, they brought **1 299** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBS
Jan 2026	0	0	50
Dec 2025	0	0	35
Nov 2025	13	13	1 214
Oct 2025	0	0	0
September 2025	0	0	0
August 2025	0	0	0

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBS
13	6	1 299

Where channel stands in its league

Black vertical – median. Red dot – your channel.



— SECTION 08 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

- | | | |
|----|--|---|
| 01 | Post more often
Now 1.0 posts/week. Active channels average 7-10.
Consistency is key to retention. | EFFECT
Consistency beats volume |
| 02 | Best post day — Thursday
On this day at 12:00 MSK audience is most active. | EFFECT
Best time for important post |
| 03 | Increase video post share
Video in Telegram retains audience longer and is algorithm-friendly. Recommend increasing share to 15-25%. | EFFECT
Video holds audience better |
| 04 | Systematic traffic buying
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromtPress picks sources for your niche. | EFFECT
+1000-3000 subs |
| 05 | Test polls and interactive formats
Posts with polls/reactions usually boost ER by 5-15%.
One poll per week on a hot topic — easy growth lever. | EFFECT
+5-15% ER |

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in minutes using public data. Want to go further? Run ads with us and hit your growth plan in a month.

01 Launch Telegram ad <https://panel.promptpress.com/register>

02 Contact manager t.me/PromptPress_manager
