

— PUBLIC REPORT BY PROMTPRESS

Channel audit

Newyorkfitspo | Школа здорового фитнеса



@newyorkfitspo

Official Telegram channel of FitSpo Healthy Fitness School – over 100,000 people train with us, join! Registration №4876726383 ■
Programs → <https://newyorkfitspo.ru/> 📄 Admin → ...

SUBSCRIBERS

112 348

ERR (% WHO SEE
POSTS)

REACH/POST

5.8K

-1398 per month

6.0%

last day 1.9%

ad reach 2.1K/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 chart · growth

04 Citation rate

Who mentions the channel and how

05 Ad potential

How long a post generates reach

06 Competitors

Niche neighbors · your place

07 Mention dynamics

6 months · monthly

08 Niche comparison

Position in «Health & Fitness» category

09 Strategy

5 priority actions

SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

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

 SUBSCRIBERS 112 348 —	 SUBSCRIBER REACH 5.16% avg % subs see post	 VIEWS/POST 5.8K median 6.2K · 27 days	 POSTS/WEEK 3.0 for period
 7D TREND -26.2% vs prev week	 REACTIONS/POST 64.1 total 769 reactions, 414 reposts, 18 comments	 POST LENGTH 980 chars median 1000 · 27 days	 POSTS ANALYZED 12 27 days
 AD REACH 2.1K 24h avg	 CHURN / MONTH -1398 last month	 CITATION RATE 39 citation index · 125 channels mentioned all time	 CHANNEL AGE 9 years 8 days created 20.06.2017

AI EDITOR SUMMARY

Channel «Newyorkfitspo | School of Healthy Fitness» — 112 348 subs. Avg views per post: 5.8K people (5% of subs), reach low — need to grow audience. Publishes 3 posts per week (~0/day) — rare. Week Jun 15–21 reach dropped -26.2% by week Jun 8–14 — worth analyzing.

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 12 posts in 27 days.
- 02 Dominant format — Photo (5/12 posts).
- 03 Avg post length — 980 chars (median 1000).
- 04 Peak audience activity — Monday, 14:00 MSK.
- 05 Top posts get 2x more views than the weakest (8K avg top vs 4.7K worst) — among 12 posts in 27 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 01.06 · 11:36 VIDEO The trickiest summer question: what to do with kids on long-awaited break who get glued to gadgets? Bans work...	VIEWS 8 507 REPOSTS 9	REACTIONS 51 ER 7.6%
Nº2 05.06 · 11:32 TEXT ☒ Top 3 reasons to ditch flip-flops Flip-flops, slides, sandals are fine for the beach but not for the city. ♥ Harm to...	VIEWS 8 134 REPOSTS 40	REACTIONS 72 ER 7.2%
Nº3 31.05 · 10:01 PHOTO ☒ Monthly Digest All posts from @newyorkfitspo for May Podcasts ♥ Feet vs. Anxiety: how foot health links to nervous...	VIEWS 7 318 REPOSTS 17	REACTIONS 39 ER 6.5%

Nº4 29.05 • 14:18 PHOTO ♥ The day hints: time to listen to yourself Did you know May 28 is International Women's Health Day? How are you...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>7 021</td><td>49</td></tr> <tr> <td>REPOSTS</td><td>ER</td></tr> <tr> <td>3</td><td>6.2%</td></tr> </table>	VIEWS	REACTIONS	7 021	49	REPOSTS	ER	3	6.2%
VIEWS	REACTIONS								
7 021	49								
REPOSTS	ER								
3	6.2%								
Nº5 08.06 • 10:59 VIDEO Neurological «hello» Exercise to awaken pelvic floor muscles «Train your pelvic floor muscles!» – easy to say, right? But if...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>6 856</td><td>93</td></tr> <tr> <td>REPOSTS</td><td>ER</td></tr> <tr> <td>93</td><td>6.1%</td></tr> </table>	VIEWS	REACTIONS	6 856	93	REPOSTS	ER	93	6.1%
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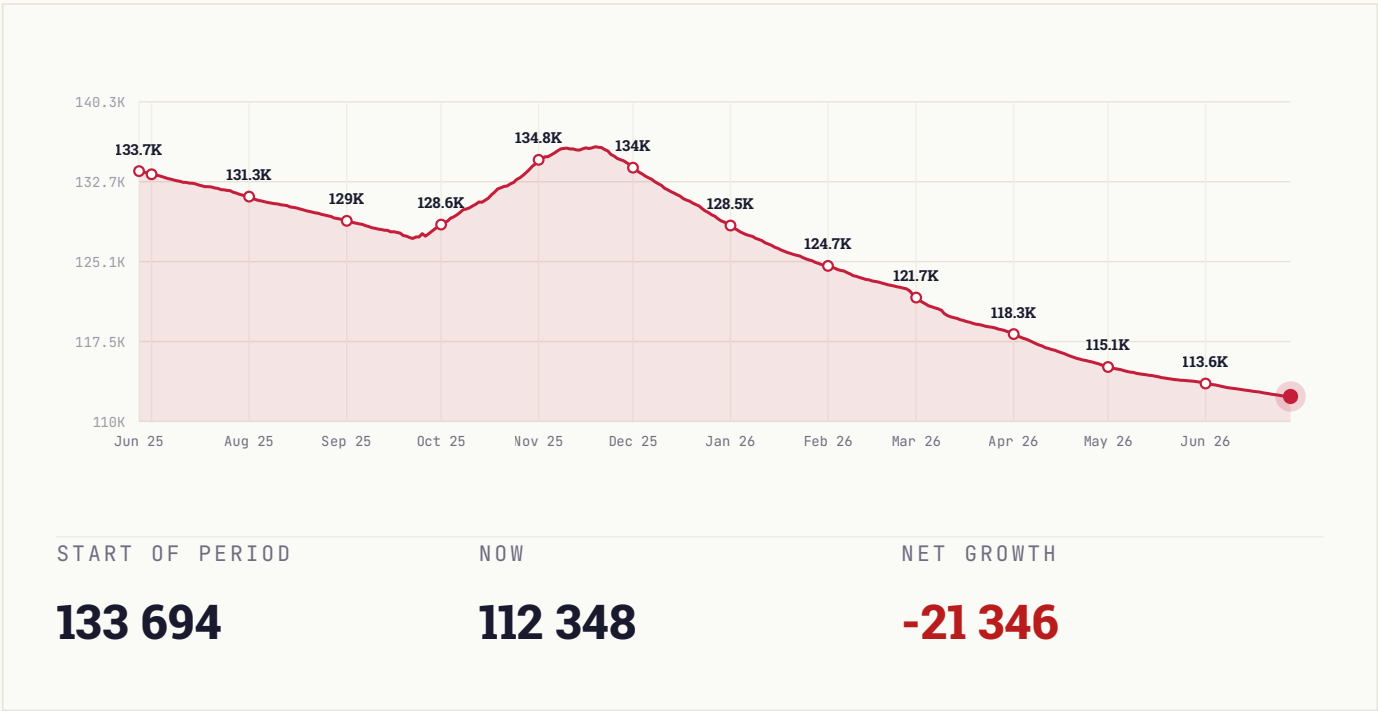
WORST 3

↓ 20.06 • 10:00 VIDEO Which exercises can worsen pelvic floor condition? "We wanted the best – got the usual" is a common story when talking...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>4 922</td><td>97</td></tr> <tr> <td>REPOSTS</td><td>ER</td></tr> <tr> <td>49</td><td>4.4%</td></tr> </table>	VIEWS	REACTIONS	4 922	97	REPOSTS	ER	49	4.4%
VIEWS	REACTIONS								
4 922	97								
REPOSTS	ER								
49	4.4%								
↓ 19.06 • 07:20 TEXT ☒3 issues you need to know Podcast While many seek answers from expensive specialists, our subs get useful...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>4 752</td><td>44</td></tr> <tr> <td>REPOSTS</td><td>ER</td></tr> <tr> <td>18</td><td>4.2%</td></tr> </table>	VIEWS	REACTIONS	4 752	44	REPOSTS	ER	18	4.2%
VIEWS	REACTIONS								
4 752	44								
REPOSTS	ER								
18	4.2%								
↓ 22.06 • 15:23 VIDEO ☒ How to spot the 'belly dome' Body tests You may notice a 'dome' when doing crunches. It means other muscles are overcompensating...	<table> <tr> <td>VIEWS</td><td>REACTIONS</td></tr> <tr> <td>4 509</td><td>48</td></tr> <tr> <td>REPOSTS</td><td>ER</td></tr> <tr> <td>30</td><td>4.0%</td></tr> </table>	VIEWS	REACTIONS	4 509	48	REPOSTS	ER	30	4.0%
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4 509	48								
REPOSTS	ER								
30	4.0%								

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

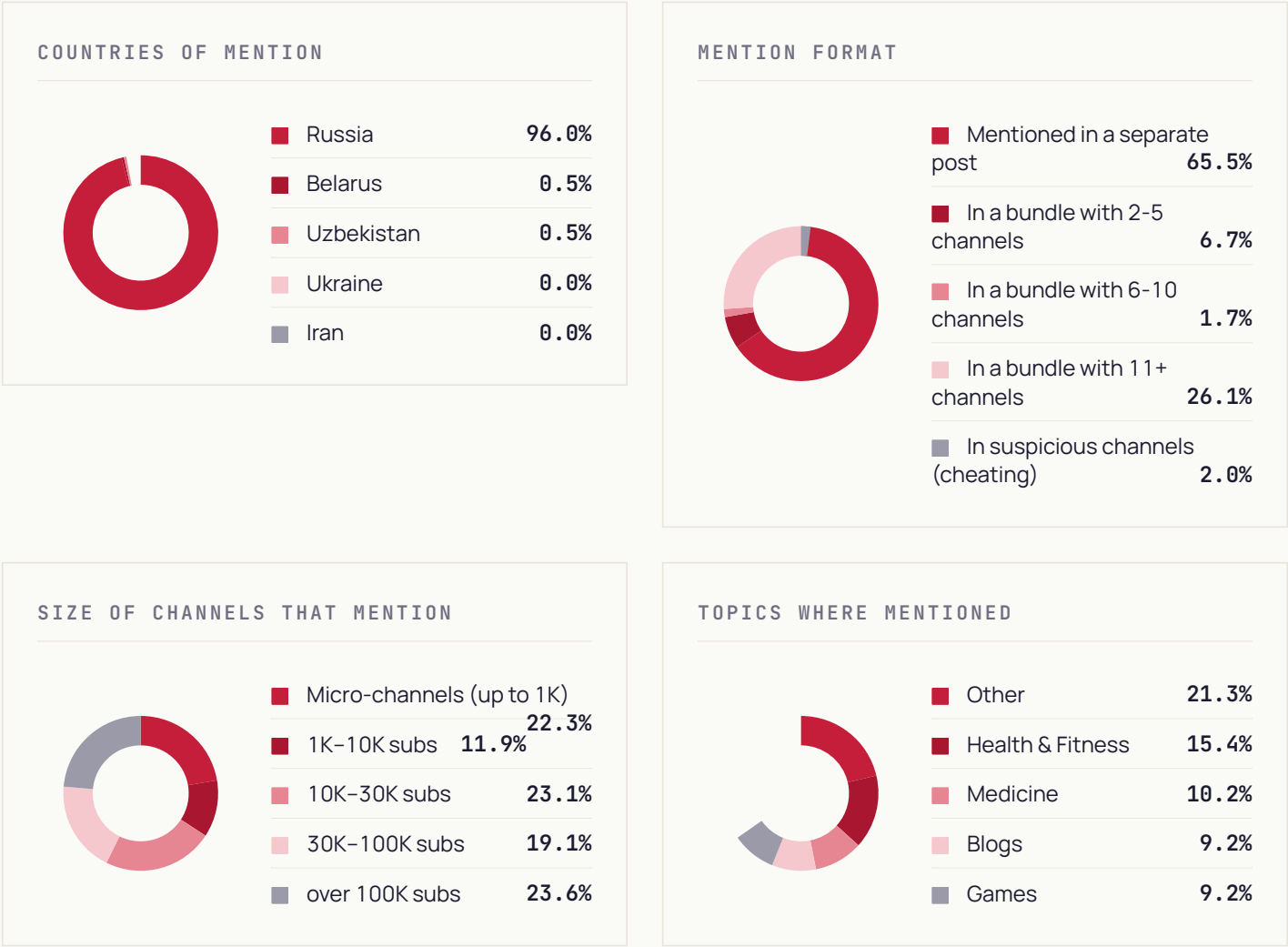
Yearly subscriber growth chart. Key months show exact subscriber count. Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel and how

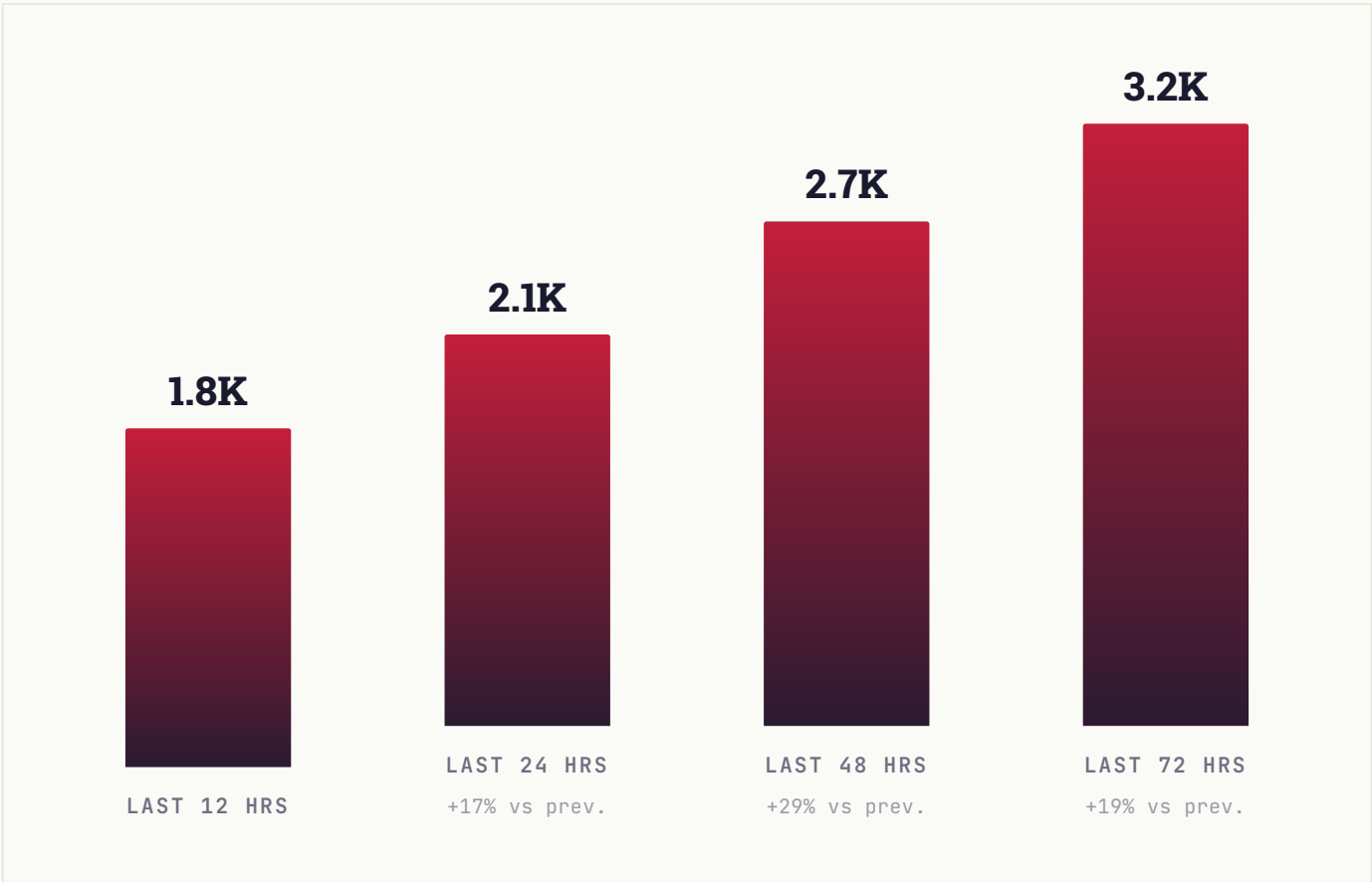
Citation index **39** – channel popularity score based on mentions. Considers both count and weight of mentioners: a post from a 100K subs channel weighs more than from 1K subs. All-time mentions: **125** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg reach of ad post by time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

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

CHANNEL	SUBSCRIBERS
DD DIETOLOG DILYA ASLIDDINOVNA RASMIY	1.3M
KZ Test purchase	771.1K
BI Biohackers	584.6K
BI Biohacking	534.6K
GS GymDeals- Supplements & Whey Protein Offers	533.5K
SL Sport Life	526.2K
VN Eternity in Tibet	495.4K
NT Our body	482.5K
AU Ales Ulischenko Osteopath, PhD Author of faceplasty	478.7K
BZ Stay Healthy	448.8K
N Newyorkfitspo Школа здорового фитнеса YOU	112.3K

COMPARATIVE INSIGHT

Channel in bottom half of niche top-100 (#83 of 96). Niche median — 163.3K subs. First growth KPI — reach median. Leader: DIETOLOG DILYA ASLIDDINOVNA RASMIY (1.3M).

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

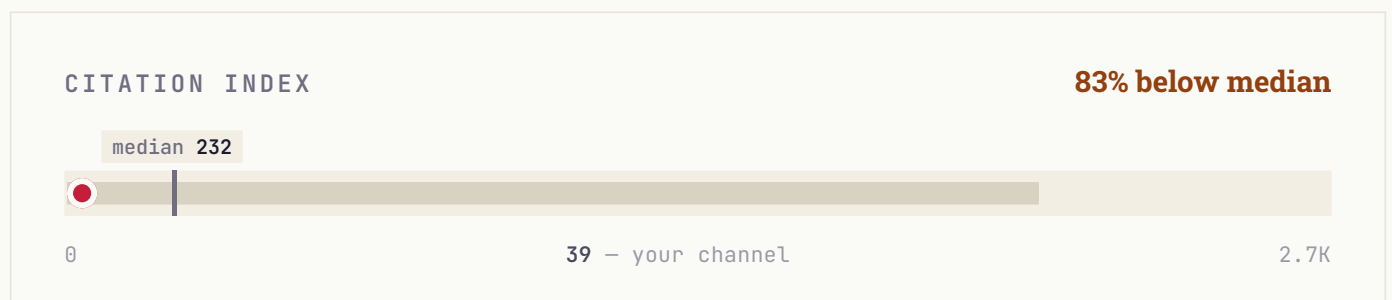
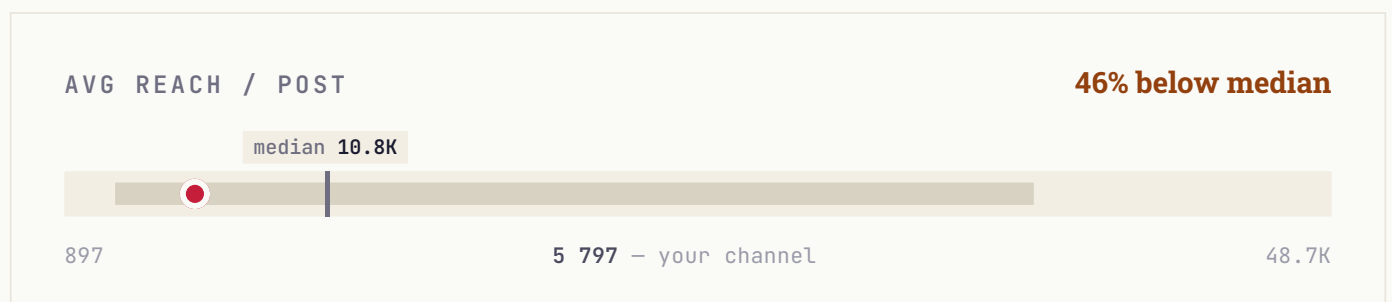
We record posts in other channels that mention yours monthly. Over the last **6 months** such mentions: **1**, they brought **9 191** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	0	0	0
Nov 2025	0	0	1 858
Oct 2025	0	0	5 988
September 2025	0	0	1 345
August 2025	0	0	0
July 2025	1	1	0
TOTAL MENTIONS	MONTHS OF DATA		ATTRACTED SUBSCRIBERS
1	6		9 191

SECTION 08 • NICHE COMPARISON

Where the channel ranks in its league

Took top-100 channels in category "Health & Fitness» (Russia) and compared your channel. Gray band = range for 80% of niche channels (p10 to p90). Black vertical = median. Red dot = your channel.



— SECTION 09 · STRATEGY

What to do right now

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

- | | | |
|-----------|---|--|
| 01 | Increase posting frequency
Now 3.0 posts/wk. Active channels average 7-10.
Consistency is key to retaining audience. | EFFECT
Consistency beats volume |
| 02 | Main post of the week — on Monday
Audience is most active on this day at 14:00 MSK. | EFFECT
Best window for an important post |
| 03 | ER below niche benchmark — rethink formats
Current ER 5.16% vs norm 7.0%. Try polls and interactive formats. | EFFECT
+1.8pp ER |
| 04 | Systematic traffic buying
Three formats for your media: Inhouse (premium channels), Native (native integrations), Premium (target audience). PromptPress finds 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 from public data. Want to go further? Run ads through us and hit your growth plan in a month.

01

Launch ads in Telegram

<https://panel.promptpress.com/register>

02

Contact manager

t.me/PromptPress_manager