

PUBLIC PROMTPRESS REPORT

Channel audit

Осанка.Дети | dvizgenie_deti



@osanka_rebenkaa

How to fix valgus and stoop in children 5-12 with exercises 100k+ students in 5 years Consult in DM @osankadetihelp Registered with RKN...

SUBSCRIBERS

104 975

-233 per month

ERR (% SEE POSTS)

2.0%

daily **0.8%**

REACH/POST

1.3K

ad reach **877**/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 104 975 —	 SUBSCRIBER REACH 1.29% avg % subs see post	 VIEWS/POST 1.3K median 1.4K · 29 days	 POSTS/WEEK 45.7 for period
 7D TREND -3.8% vs previous week	 REACTIONS/POST 4.8 941 reactions, 1,790 reposts, 170 comments total	 POST LENGTH 957 chars. median 1,000 · 29 days	 POSTS ANALYZED 195 29 days
 AD REACH 877 24h avg	 CHURN / MONTH -233 last month	 CITATION RATE 6 citation index · 19 channels mentioned ever	 CHANNEL AGE 4 years 3 months created 11.03.2022

AI EDITOR SUMMARY

Channel «Осанка.Дети | dvizgenie_deti» – 104 975 subs. Avg post views 1.3K people (1% of subs), reach is low – should expand audience. Publishes 46 posts/week (~7/day) – active posting. Week of Jun 15–21 reach stable (-3.8% vs week 8–14 Jun).

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop from rotation.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **195** posts over 29 days.
- 02 Dominant format — **Photo** (115/195 posts).
- 03 Avg post length — **957** chars (median 1,000).
- 04 Audience peak — **Sun, 22:00 MSK**.
- 05 Top posts get **2x** more views than the weakest (2K avg for top vs 1.1K for worst) — among 195 posts in 29 days. Analyze what top posts share — topic, format, time.

TOP 5 POSTS

Nº1 31.05 · 19:06 PHOTO ☒ Does your child grind their teeth at night? It's not always about worms! Bruxism – teeth grinding, which often occurs in more...	VIEWS 2 187 REP. 9	REACTIONS 6 ER 2.1%
Nº2 30.05 · 06:11 PHOTO Take another look at the ranking☒ (see 1st and 2nd place in comments). All leaders have in common: complex movements, instant decisions...	VIEWS 2 101 REP. 13	REACTIONS 8 ER 2.0%
Nº3 21.06 · 18:31 PHOTO ⚠ Hyperlordosis Many of you know that the spine has several curves. The convexities of the spinal column, arched backward...	VIEWS 1 823 REP. 4	REACTIONS 6 ER 1.7%

Nº4 07.06 • 07:34 PHOTO If you recognize 2-3 signs from the list above, read the post to the end. Chances are, you're dealing with some degree of DST - dysplasia...	VIEWS 1 796 REACTIONS 3 REP. 11 ER 1.7%
Nº5 09.06 • 09:33 PHOTO Look at the child from the side when they're doing homework or just standing ☒ ☒ If the neck is forward, one shoulder higher than the other, and the pelvis slightly...	VIEWS 1 754 REACTIONS 5 REP. 6 ER 1.7%

WORST 3

↓ 25.06 • 04:05 VIDEO Just one exercise to fix stoop, improve mobility and thoracic flexibility. ☒ Tired of seeing violations...	VIEWS 1 100 REACTIONS 10 REP. 31 ER 1.0%
↓ 14.06 • 12:48 VIDEO He doesn't know yet what he'll want in three or ten years. Maybe surfing on a beach trip. Maybe skiing because a friend...	VIEWS 1 091 REACTIONS 6 REP. — ER 1.0%
↓ 20.06 • 09:28 PHOTO ☹ "I just can't decide to buy a course for children's posture. I'm afraid my laziness will win – and we'll drop it..." The main thing for parents is to find a...	VIEWS 1 069 REACTIONS 5 REP. 2 ER 1.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

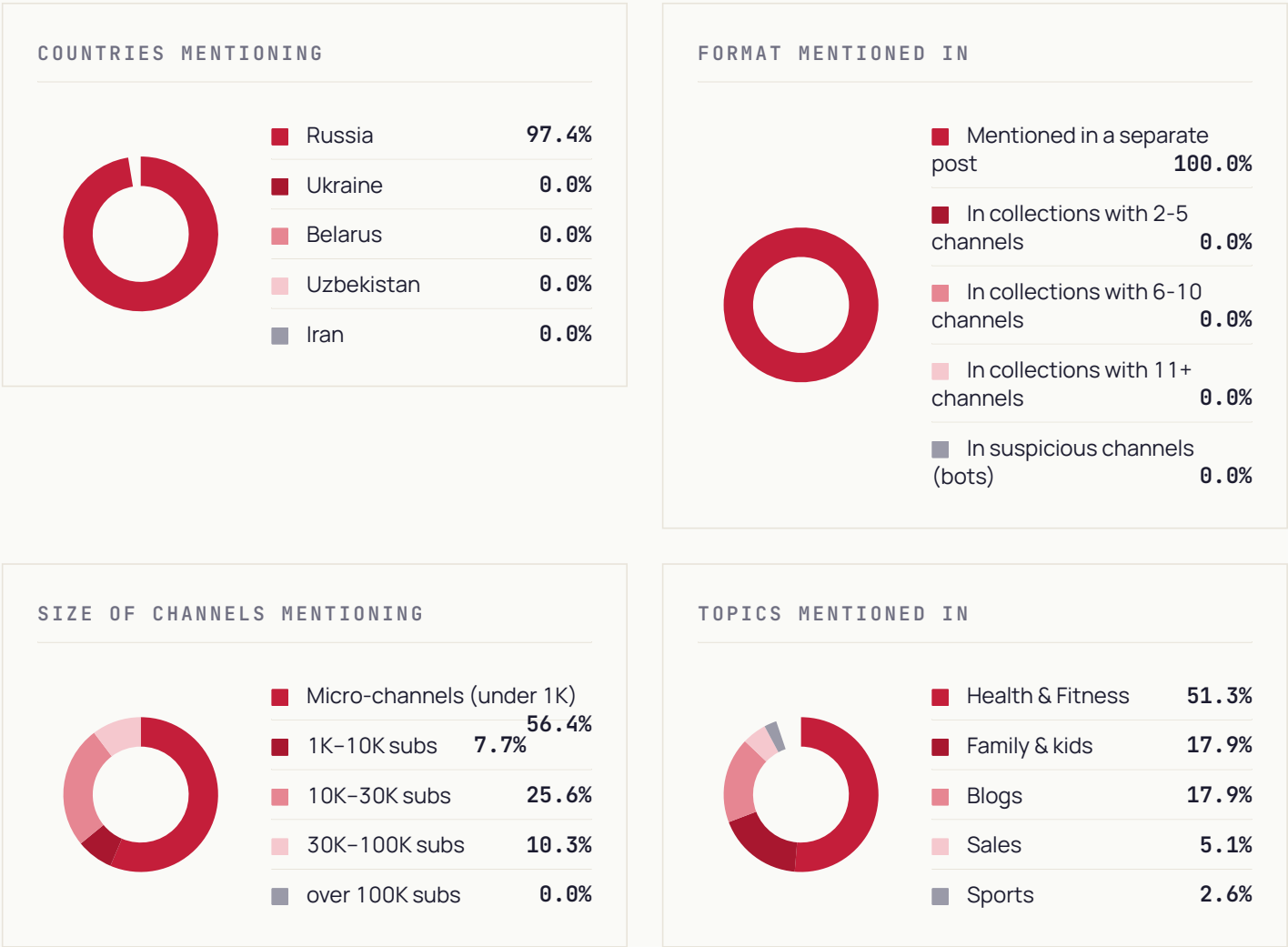
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth vs. loss.



SECTION 04 · MENTIONS

Who mentions the channel & how

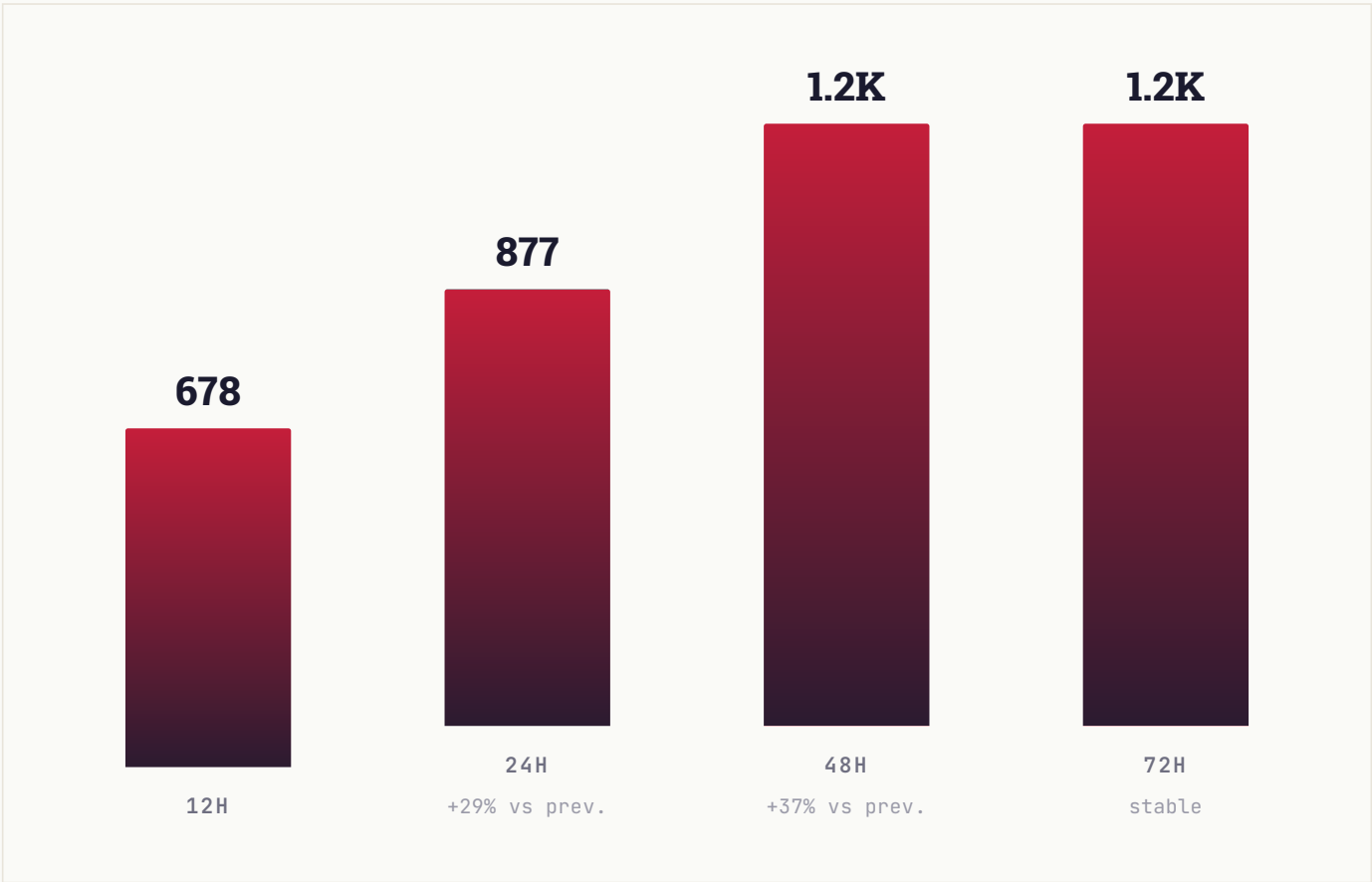
Citation index 6 – channel popularity rating based on mentions. Considers not only count but also weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs. All time channel was mentioned 19 different channels.



SECTION 05 · AD POTENTIAL

How long a post brings reach

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



SECTION 06 · COMPETITORS

Who you compete with

11 nearest channels by topic and audience. Your channel 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 Ulishchenko Osteopath, PhD Author of faceplasty	478.7K
BZ Stay healthy	448.8K
OI Осанка.Дети dvizgenie_deti YOU	105K

COMPARATIVE CONCLUSION

Channel in bottom half of top-100 niche (#93 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

Every month we record posts in other channels that mention yours. Over the last **6 months** such mentions were **2**, they brought **40 978** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT SUBSCRIBERS
December 2025	1	1	3 719
Nov 2025	0	0	5 915
Oct 2025	0	0	5 747
Sep 2025	0	0	8 237
August 2025	0	0	9 949
July 2025	1	1	7 411

TOTAL MENTIONS	MONTHS OF DATA	ACQUIRED SUBSCRIBERS
2	6	40 978

— SECTION 08 · NICHE COMPARISON

Where the channel stands in its league

Took top-100 channels in category «Health & Fitness» (Russia) and saw how your channel compares. Gray band — range of 80% of niche channels (p10 to p90). Black vertical — median. Red dot — your channel.

#93

/100

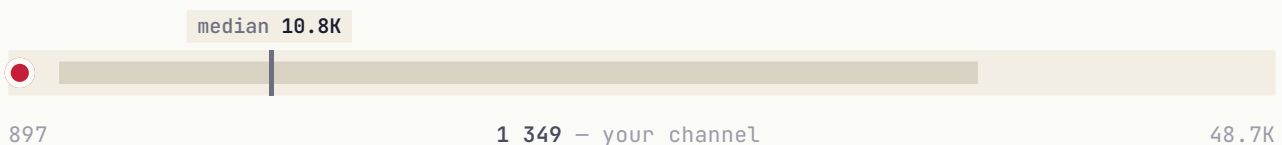
RANK IN NICHE

Channel in the bottom half of the ranking

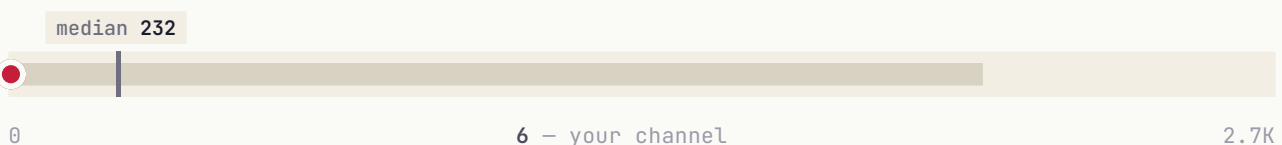
SUBSCRIBERS

37% below median

AVG REACH / POST

87% below median

CITATION INDEX

97% below median

— SECTION 09 · STRATEGY

What to do right now

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

01

Top post of the week — Sunday

Audience most active on this day at 22:00 MSK.

EFFECT

**Best time for
an important
post**

02

ER below niche benchmark — rethink formats

Current ER 1.29% vs norm 7.0%. Try polls & interactive formats.

EFFECT

+5.7pp ER

03

Systematic traffic buying

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs**

04

Test polls & interactive formats

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy growth point.

EFFECT

+5-15% ER

05

Cross-promo with nearby channels

Swap posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit — what we can do in a few minutes based on public data. To go further — run ads with us and close your growth plan in a month.

01 **Launch ads in Telegram** <https://panel.promptpress.com/register>

02 **Contact manager** t.me/PromptPress_manager
