

LOVE SWEAT FITNESS

HOLIDAY COMMUNITY PLAYBOOK.

WE'RE IN THIS TOGETHER, LET ME SHOW YOU THE ROPES.



2023

HOLIDAY

SURVIVAL

CHALLENGE

WITH YOU EVERY STEP!

When I first started my weight loss journey there were two things that I really struggled with.

I felt totally alone.

Like no one REALLY understood what I was going through or WHY I was making changes to my lifestyle.

I had no clue how to stay motivated.

I always wondered if there was something I was missing, a way to find community, connect with other women who were also on their fitness and health journey.

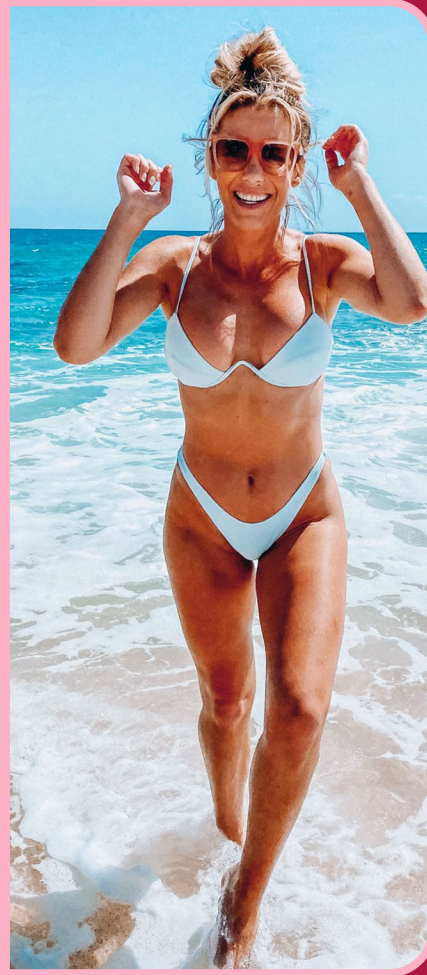
I'm glad to say, I finally figured it out and created Love Sweat Fitness!

I began to find other women who had the same goals that I did. With the help of all of YOU, we now have a community that is unlike anything you've experienced.

xo,
Katie

XO





IT'S YOUR TURN.

You know that feeling when you **find something amazing** and you just want to tell everyone about it? But, because it's so personal it can be hard to actually share?

Since I tried **so many different ways to lose weight that NEVER worked**, I felt embarrassed to tell anyone I was starting something new. Have you ever felt like that?

Looking back, I wish **I would have told EVERYONE** and had them join me too because that was the moment that changed my life and led me here.

JOIN THOUSANDS OF REAL WOMEN JUST LIKE YOU.



CHECK OUT TEAM LSF

YOU ARE NOT ALONE

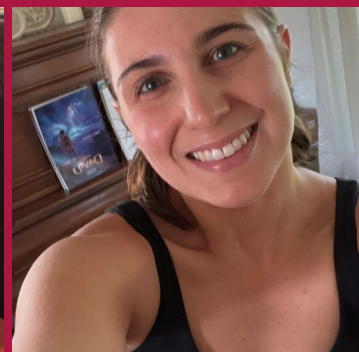
Starting today you are going to connect with women who are just like YOU! Women who have struggled to get healthy, lose weight or feel confident. Women who TRULY understand YOU.

Welcome to [#TeamLSF!](#)

Team LSF is our community of over a million women who want to support you in your goals and celebrate your wins every day. And the best part is it's SO easy to get involved all from the comfort of your home.

I truly believe having a solid support system and women to help **hold you accountable** is the key to getting and staying motivated to create change.

[CHECK OUT TEAM LSF](#)



HOW TO CONNECT

If you're new to [Love Sweat Fitness](#) I want to make it SUPER easy for you to connect with other LSF girls so you can start crushing your goals and stay super motivated!

STEP 1

JOIN MY TEXT CLUB

I want to do everything I can to support you in your goals throughout this challenge.

I'll be texting you weekly motivation, tips, advice and lots of **exclusives** you'll want to crush throughout the challenge.

Plus, you can **literally text me anytime** and I'll personally get back to you asap!

If you haven't joined yet, text keywords **"HSC23"** to me at +1 (949) 570-5746 or click [here](#) to opt in from a mobile device.

STEP 2

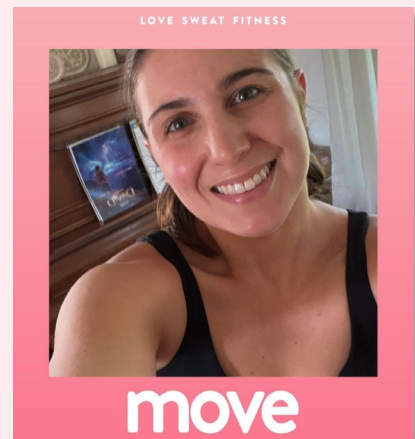
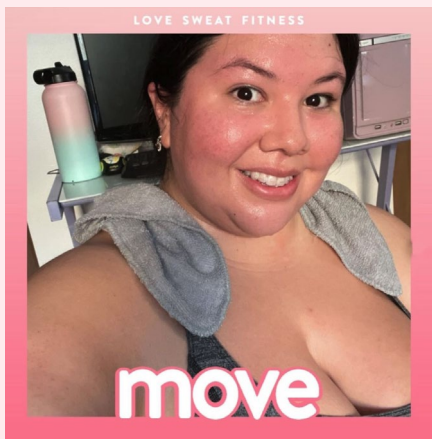
CREATE YOUR LSF INSTAGRAM ACCOUNT

This is the **BEST way to connect** with Team LSF! If you're looking for **accountability**, but don't want to flood your personal IG with all your fitness and nutrition goals, you can create your own LSF account!

When you see others post on Instagram, make sure to give them encouragement by **liking and commenting** on their post!

It's a great way to see how everyone else is doing, get advice and share your progress too!

Pro Tip: Make your LSF IG Account public so we don't miss any of your posts!



HOW TO CONNECT (CONTINUED)

STEP 3

POST YOUR “I WILL SURVIVE” ON INSTAGRAM

Make sure you tag me [@lovesweatfitness](https://www.instagram.com/lovesweatfitness) and hashtag [#teamlsf](https://www.instagram.com/teamlsf) [#LSFHolidaySurvival](https://www.instagram.com/LSFHolidaySurvival) [#lsfsayhey](https://www.instagram.com/lsfsayhey) [#lovesweatfitness](https://www.instagram.com/lovesweatfitness)

This is the first step to holding yourself accountable & showing us you're in!

After you do this, search the [#teamlsf](https://www.instagram.com/teamlsf) tag, follow other women in the community, drop some comments on their posts or slide into a DM or two!



[DOWNLOAD HERE](#)

STEP 4

CHECK IN WITH YOUR TEAM DAILY

You'll see girls posting their sweaty selfies - these are pictures you take after your workouts in the [MOVE APP](#)

Make sure to also checkout the LSF Roll Calls in our MOVE APP. These are a fun way for you to connect with the other women in the LSF community + share your personality.

These mini activities are a great way to hold yourself accountable + check in with teamlsf daily!

Use the [#lsfrollcall](#) hashtag in your caption when you post so other girls can find you!



YOUTUBE COMMUNITY

THE 411

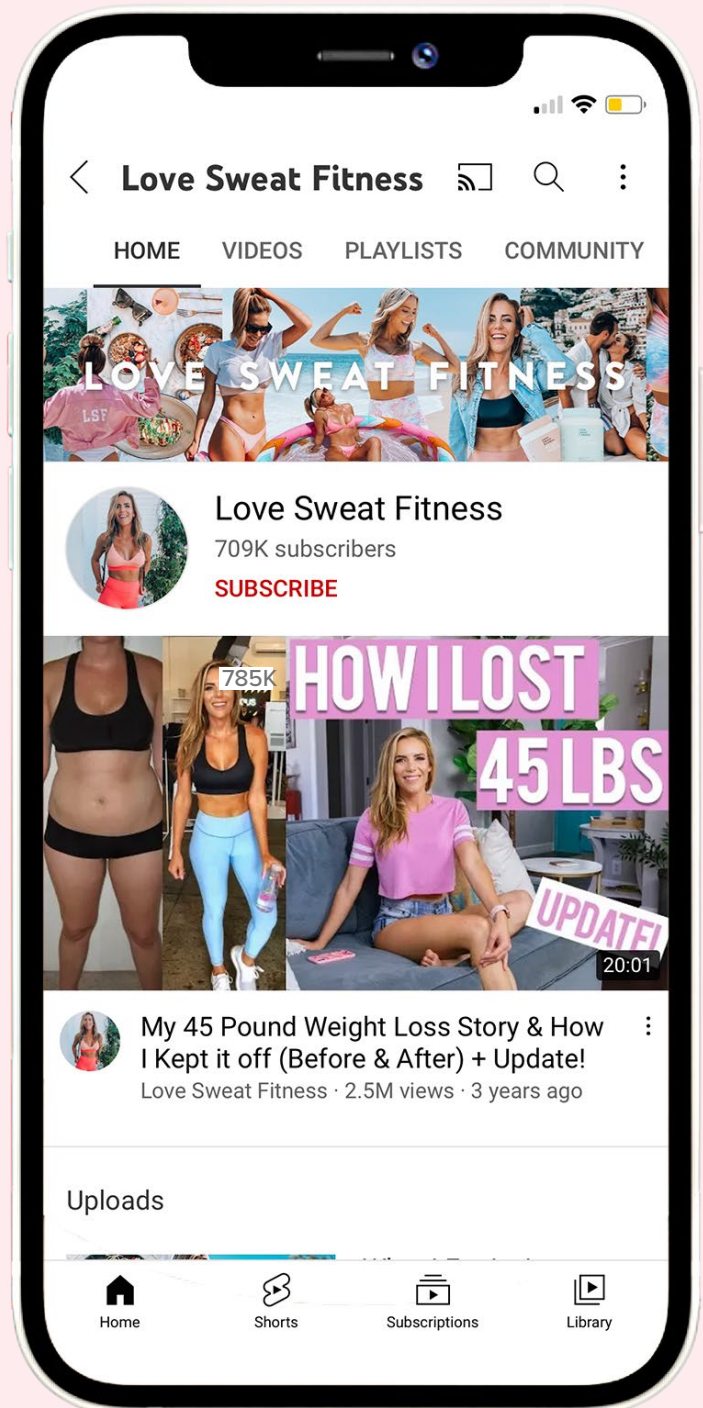
Are you subscribed to my channel?

I post new videos every week sharing my health and fitness journey to help you with yours! Join our community on Youtube and **say hi in the comments** so I can welcome you!

Share your experience with me in the comments. Read what other girls are sharing and reply to them if you have something to say.

Your voice, opinion, experience and perspective **MATTERS!** Plus, it helps me know what videos you want to see more of!

[GO TO YOUTUBE](#)



XO

SECRET FACEBOOK GROUP

ALLLL THE GIRL TALK

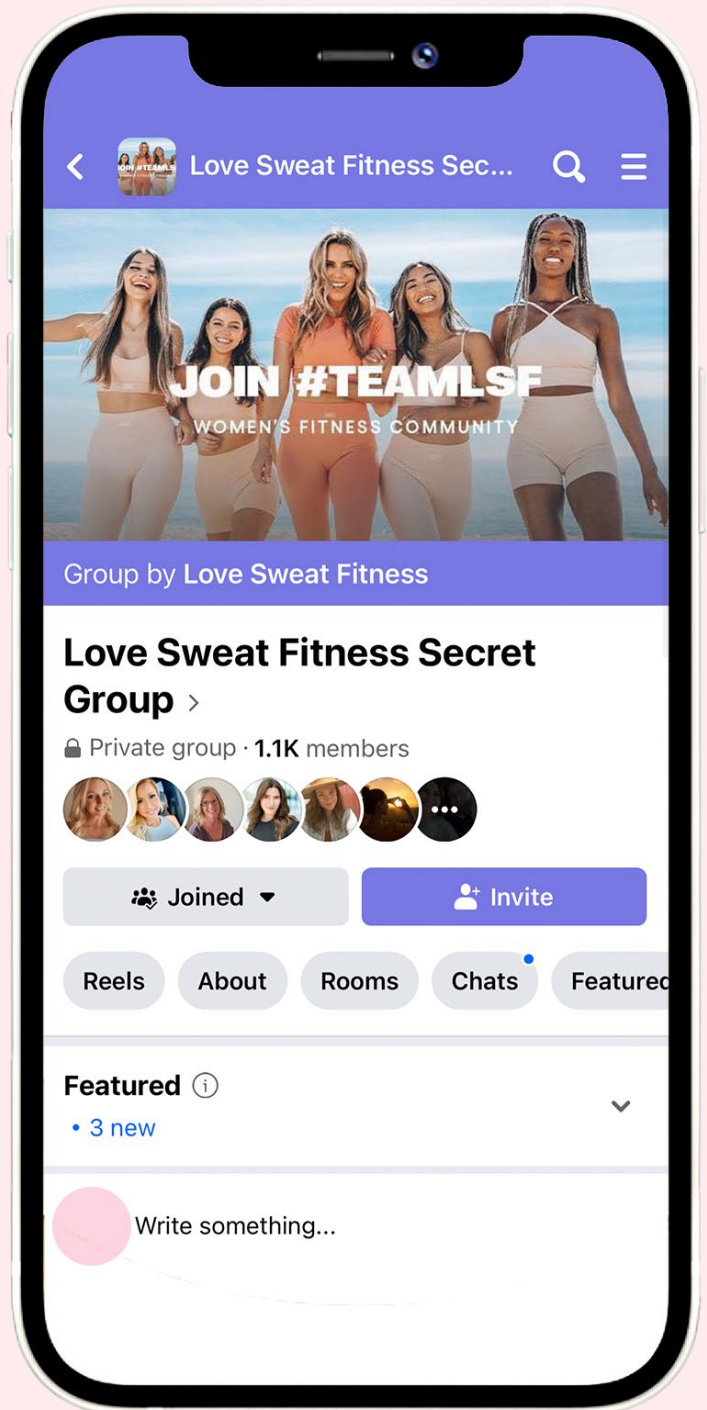
Need some girl talk? Our **secret Facebook group** is a great place to share, ask for advice, and connect with your team!

Join an accountability group, they are the perfect way to connect with women similar to you who need some extra support and love on this journey + there will be **weekly prompts to discuss** with your groups!

Request to **join today** and we will get you in. This is for **GIRLS ONLY** so you can feel confident and comfortable spilling it all!

You won't believe how far a "great job" or "get it girl" can go! The more you share, the more the community will show up to **support you each and every day!**

JOIN THE FACEBOOK GROUP



YOU'RE READY FOR
HOLIDAY SURVIVAL
challenge



LOVE SWEAT FITNESS