



FR

FITRAVEFAM

STRENGTH. CONFIDENCE. COMMUNITY.

[FITRAVEFAM.COM](https://fitravefam.com)

THE FR EXPERIENCE

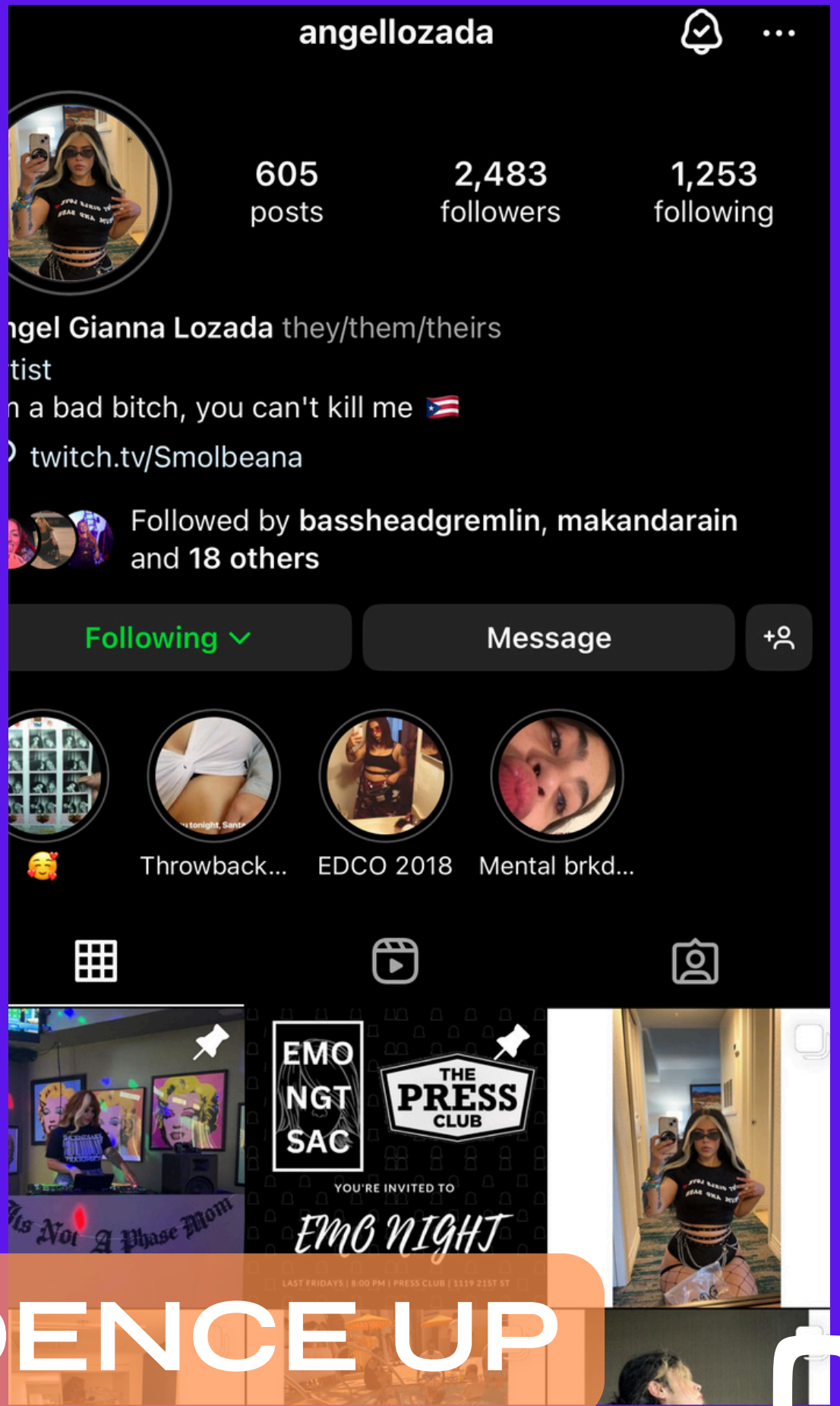
OUR PROVEN METHODOLOGY

We have worked with over 150 ravers since opening our arms in 2021. Let's take a look back at our members' success stories both in and out of the gym!





Sacramento, CA






WEIGHT LOST + CONFIDENCE UP



Seattle, WA







jackson.sorensen  

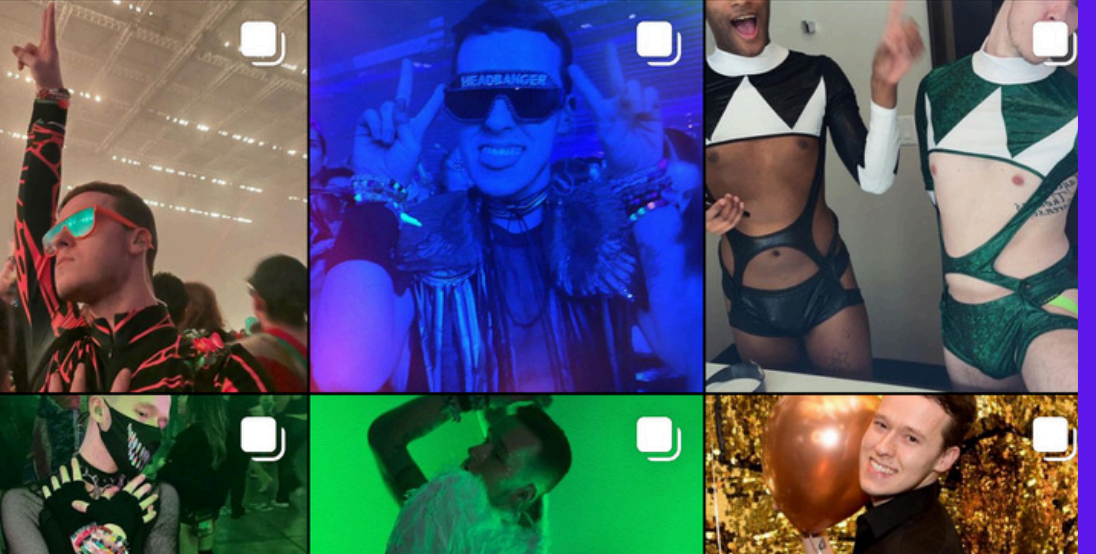
 **28** posts **1,028** followers **1,576** following

Jackson he/him/his
@beyondwlandpnw
KrewLife | Basshead | Househead in training
| @fit.ravefam 🍌 🌶️
🔒 ✨ more

Followed by makandarain, thetruelovebug and 13 others

Following  **Message** 

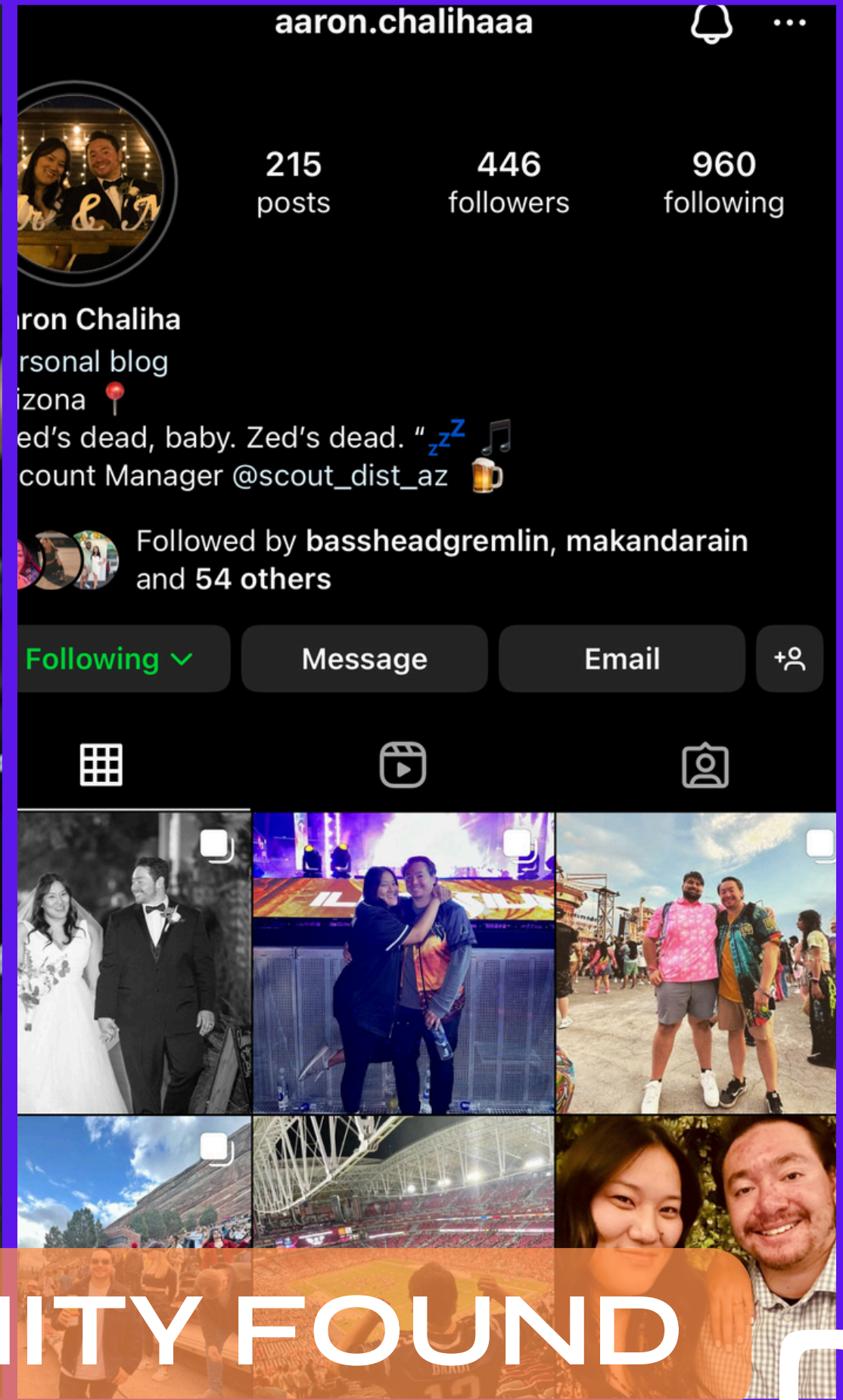
 



10LBS GAINED + CONFIDENCE GREW

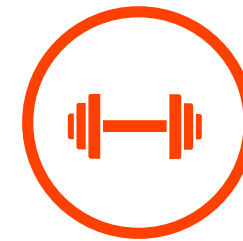


Phoenix, AZ

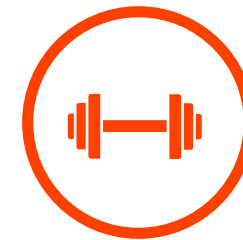


STRENGTH UP + COMMUNITY FOUND 03

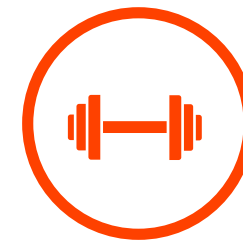
WHO IS THIS FOR?



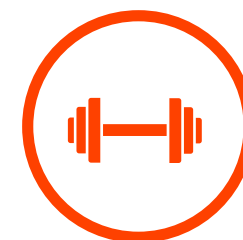
Festival goers who struggle to feel confident in their own skin.



People new to the gym who may feel lost on even where to begin.



Ravers struggling to find community outside of festivals.



Busy people who want results without cutting out what they love.

FR Coach @stefahknee

WHAT IS OUR FR METHODOLOGY?



FR methodology is more than a workout/coaching program.



Our goal is to help ravers build **confidence** and **strength** through **community**.



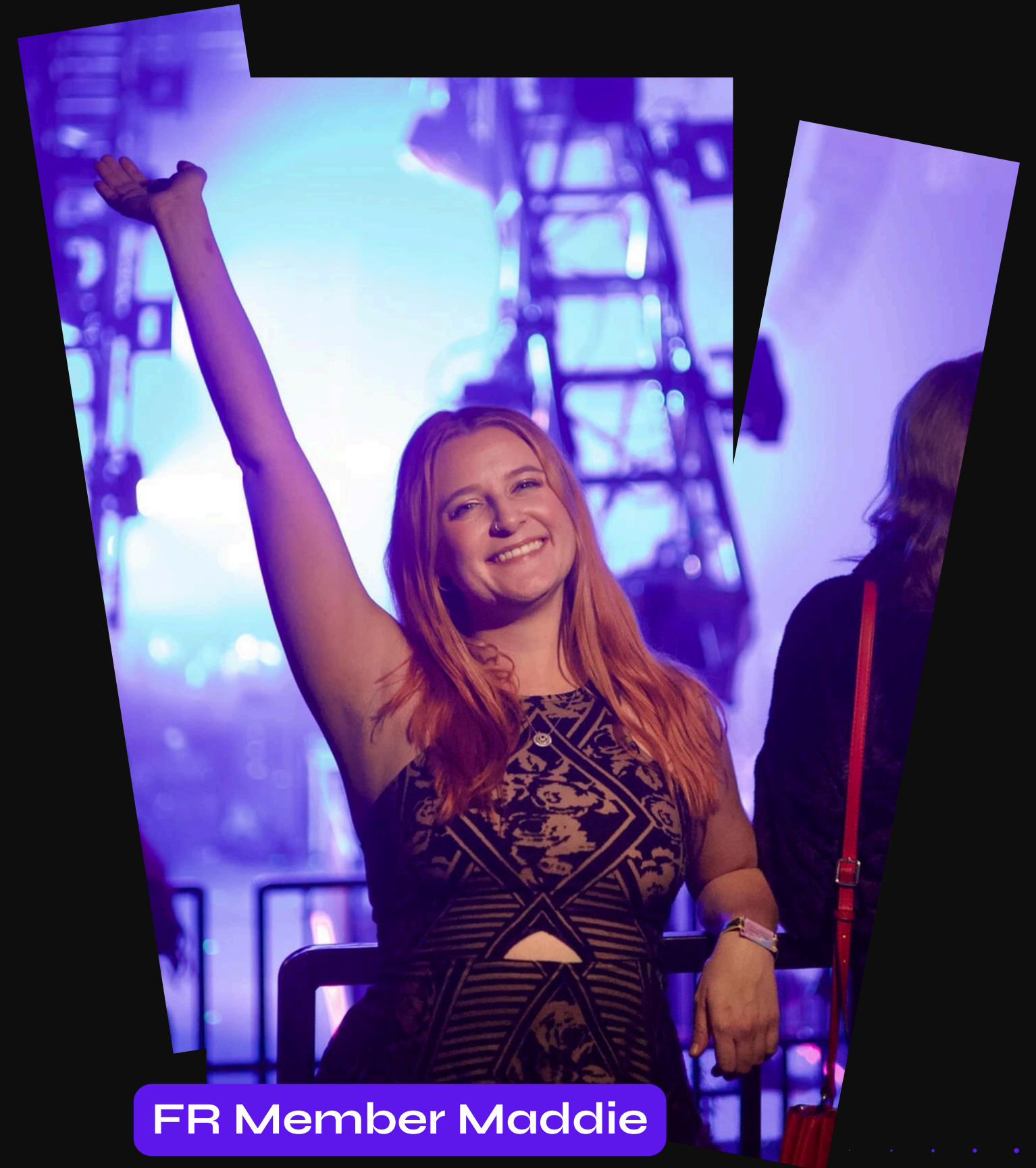
There's a reason all three of these pillars are valuable to us. Let's break it down one at a time so you can implement these lessons in your own life!



FR Coaches

CONFIDENCE

- As accepting and open as raves/fests are, at the end of the day, it can be hard to get out of your head when you aren't confident in how you look.
- The last thing you should be is worried about what other people think of you because that takes away from your overall experience.
 - You may hold yourself back from making new friends.
 - You might skip out on group pictures and miss out on capturing those memories with your friends.
 - Or maybe even catch yourself comparing yourself to others when truly that's not who you are.



FR Member Maddie

HOW WE HELP

STEP 1

ASSESS

We want to understand where you're at currently so we can start setting small, attainable goals for you week by week.

STEP 2

BUILD

Whether your goal is to lose weight, gain weight, run faster, get stronger, whatever it may be, we're going to work together to come up with a step-by-step routine that fits into your lifestyle and festival travels.

STEP 3

REFLECT

The steps we may have taken initially to get you results in the beginning may be different from the steps we need to take to keep you progressing. Therefore, we may need to adjust and change as needed.



ZOE'S STORY

Denver, CO

- When we first met Zoe, she seemed as if she was holding herself back.
 - Feared speaking to people at shows.
 - Felt limited to the outfits she could wear.
 - Restrained herself from dancing freely.
- After shifting her mindset and pouring more energy into herself, we see her:
 - Stepping out of her comfort zone to connect and support new people.
 - Wearing **WHATEVER** she wants to shows.
 - Proud of her dancing so much so that she actively tries out to be a performer on stage for local Denver events.

STRENGTH

- When you hear the word strength the idea of being physically strong pops into your head. For us, we believe that strength is not only physical but mental and emotional as well.
- Physically, we're going to get you stronger through weight lifting. That way you have the energy and endurance to dance all night, and the strength to give the homies shoulder rides when the headliner comes on.
- When you have goals outside of "what's the next event you're going to" or "what dr*g are you taking at the next show" it's a hell of a lot easier to keep yourself on the right path without going off the deep end with partying.



FR Coach @thejamijones



DAVID'S STORY

Tempe, AZ

- David joined our FR Fam in January of 2024, after moving from Ohio with his fiancée (who is also a part of our fam).
- He was underweight, inexperienced, and lacked direction on where to start.
- Here's how we helped him gain both physical and mental strength:
 - Designed a 4 month muscle-building program to address imbalances and gain strength.
 - Educated him on proper nutrition so he could consistently gain healthy weight.
 - Had daily mental check-ins to ensure he was motivated/driven ?.

COMMUNITY

- We've seen it time and time again, when you surround yourself with people who have similar goals, struggles, and passions it's nearly impossible not to start seeing success within yourself.
 - You start feeling more motivated and driven in your day to day life because you're being held accountable by your FR fam.
 - And you have 24/7 access to endless support when roadblocks present themselves along the way.
- We do this by staying constantly connected through discord, social media, in-person meetups and of course going to festivals together.

FR Members Maddie + Angie





EMILY'S STORY

Phoenix, AZ

- Emily is one of our original members, she's trained with us for YEARS up until she was hit with various real life struggles.
- Despite not being able to train in person, she continued to train on her own, and has stayed heavily involved in our fam discord and events.
- Today, she continues to seek advice and guidance from members within our fam, and is ALWAYS willing to lend words of encouragement towards those just starting their journey.

LET'S RECAP



GUIDANCE

Now you know our values as well as our methodology. If you feel like our vision resonates with you, but you struggle implementing these values on your own, I'd love to hop on a quick 10-15 minute call to give you some guidance as you start your journey.

REACH OUT

If you are struggling to feel confident in yourself, and are ready to start making some positive changes towards your health... contact us via our website or socials, and let's have a conversation about how we can help you overcome this rut.

THANK YOU

If you ever see ANY of us at a show or festival PLEASE don't hesitate to come say hi and introduce yourself!

