



*Samantha Kozuch*

**press  
kit**







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# *Samantha Kozuch is . . .*

Samantha Kozuch is a Los Angeles based health & fitness influencer, owner of a video marketing company, a swimsuit model and traveling spokesmodel. From a young age, Samantha has been an athlete. She played basketball for over 10 years and was also sprinter in track and field. Samantha turned her passion for fitness into a long career as a sought after fitness model and online personal trainer. She creates workout programs for women between the ages of 15-40, which can be purchased as a PDF download on her website. You can also workout with Samantha on [Youtube.com/TheDailyFitGirl](https://www.youtube.com/TheDailyFitGirl) and learn her tips to living a healthy lifestyle with videos uploaded weekly. Samantha is frequently traveling all over the country and internationally for bookings, currently holding the Miss Red Bull Global Rally Cross title for a second racing season in a row. You can also catch her on the catwalk as a runway model for Body Glove Girl Swim or at high profile events as an ambassador/spokesmodel for an endless list of brands.

**SHE'S A MULTI-TALENTED BUSINESS WOMEN WHO LOVES TO INSPIRE WOMEN TO ACHIEVE THEIR HEALTH GOALS.**

# BY THE NUMBERS

## *Socials*

Instagram / 35K followers

Insta Stories / 1.1K views

Blog Monthly Views / 700

Blog Page Views / 1K

Facebook / 4.8K likes

## *Demographics*

Women - 47%

Men - 53%

18-24 years - 25%

25-34 years - 50%

35-44 years - 25%

## *YouTube*

1.5K subscribers

104K Lifetime Views

198 comments

1.1K likes

383 shares





Working with some of the most **influential** names in fitness.

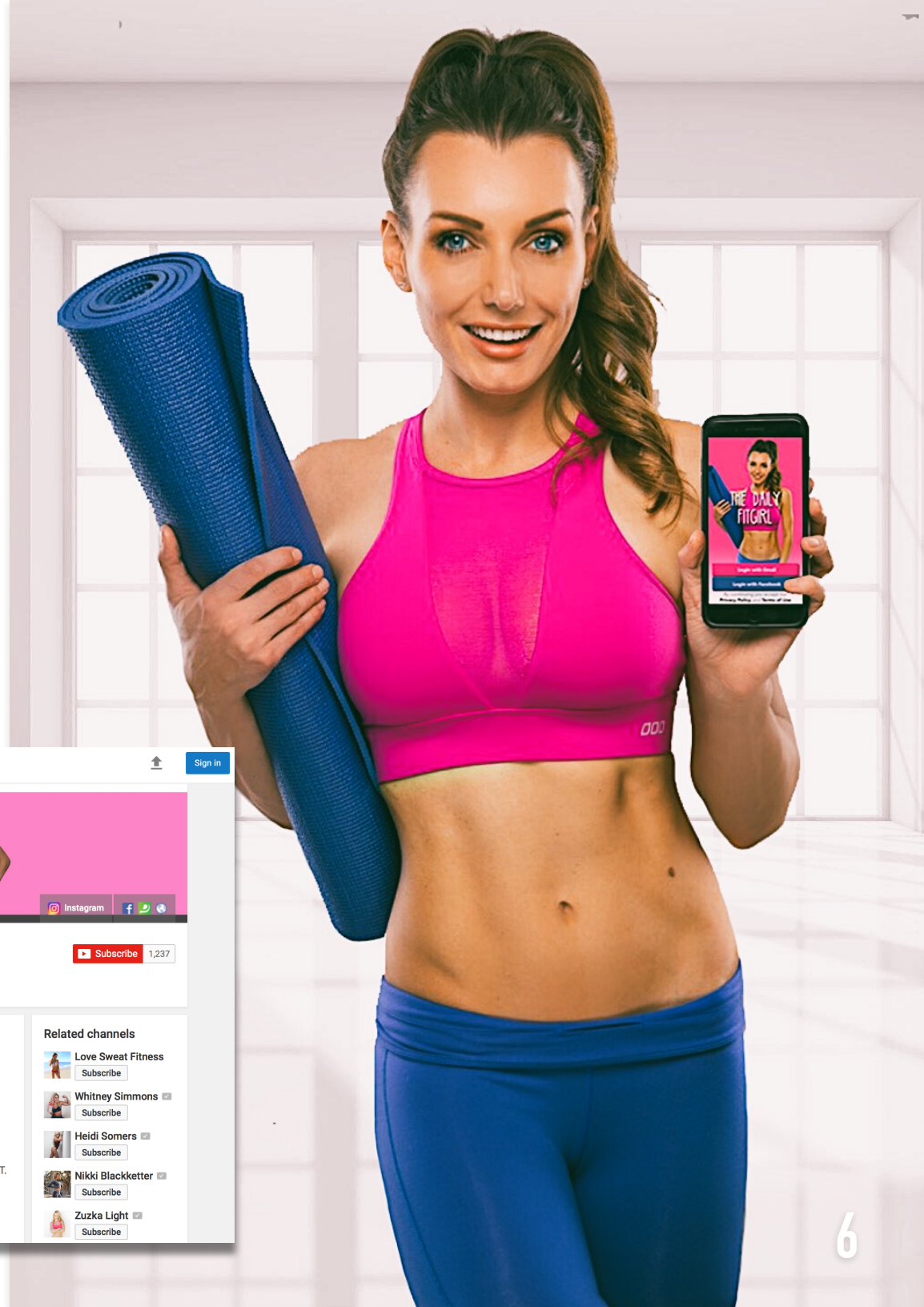
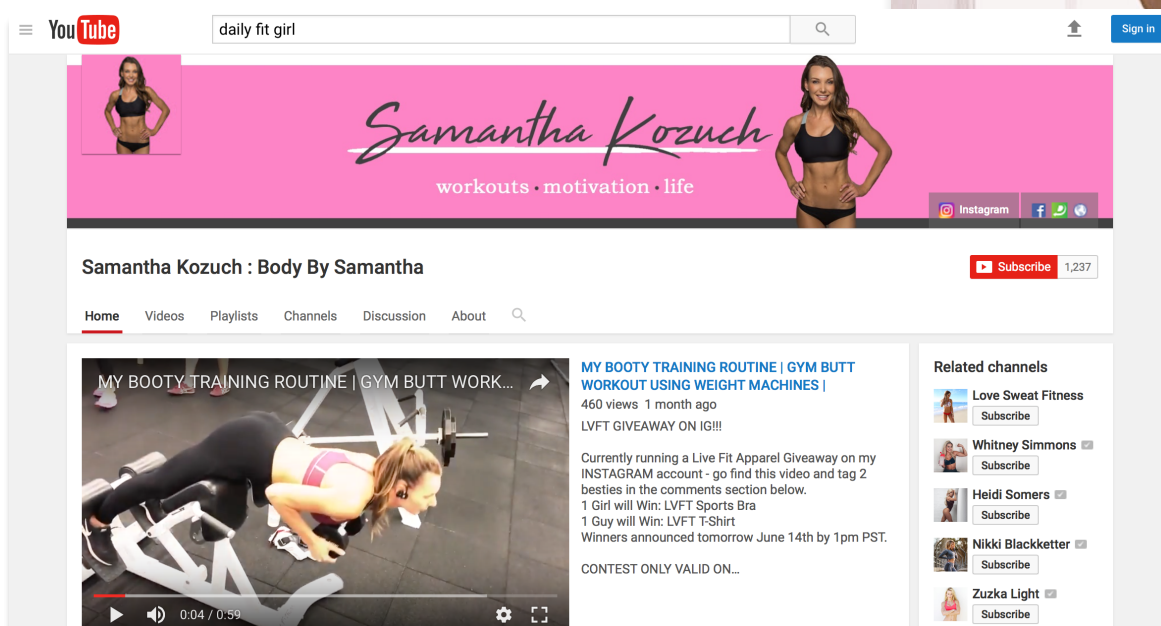




# YouTube

## Body By Samantha

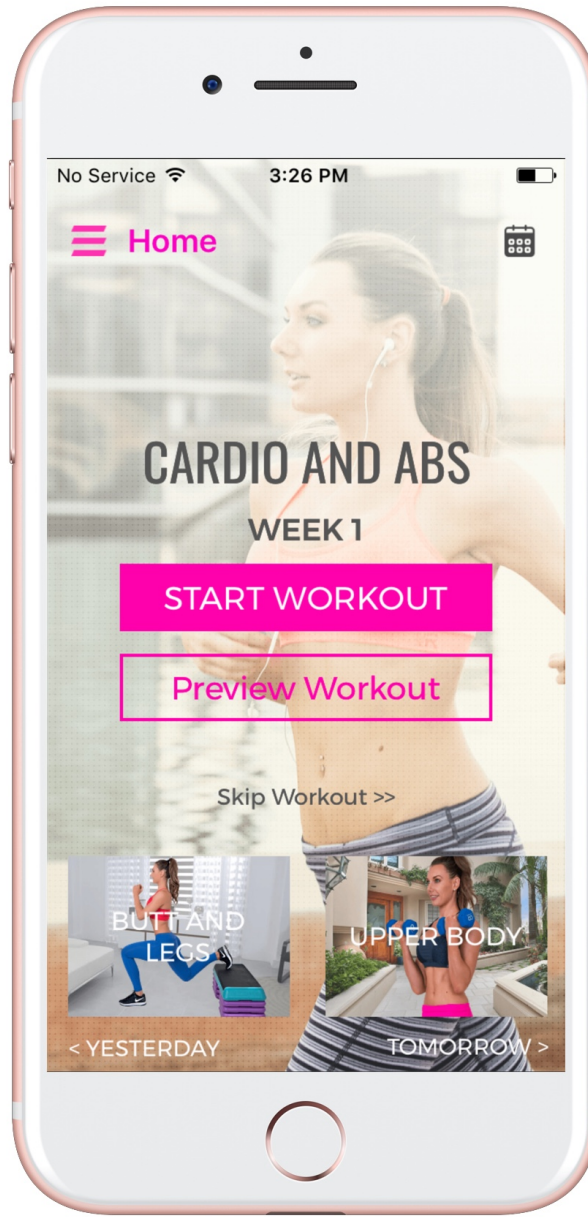
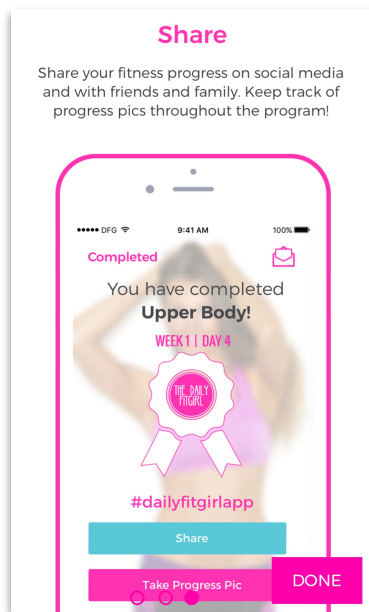
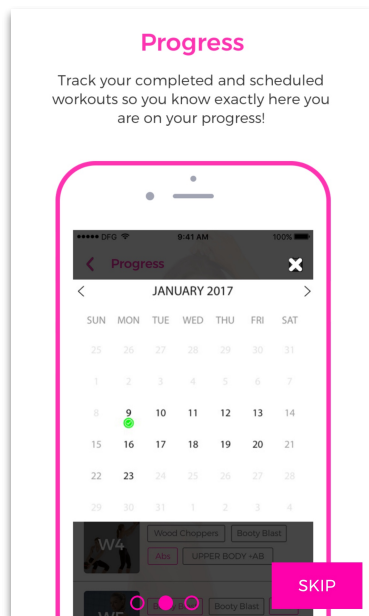
Samantha's Youtube channel is less than a year old, but is growing rapidly with video views and subscribers each and every month. Her channel consists of workout videos, where you can follow along and workout with Samantha, healthy cooking recipe videos, tips to live a healthy lifestyle, and also personal vlogs of her travels and experiences.





# Daily Fit Girl WORKOUT

Samantha's HIIT Workout Plans will transform your body into a toned fat-burning machine. She has two different types of workout plans, ones that can be done at home with little or no equipment and others that are for weight training in a gym. You can access her plans by downloading her Daily Fit Girl workout app for a monthly subscription or purchasing the PDF download. Every workout comes with step-by-step instruction pictures (and if you are using the app it has videos) so there's no guess work involved with getting through each exercise.







# *Praise for* **SAMANTHA KOZUCH**

"I'm so proud of not only the physical changes I have made, but also my increasing fitness, my increasing strength as well as the mental benefits! With Samantha's easy to follow plan it makes it easy to stick with and commit to the daily workouts!"

- SAMANTHA BLUNDER

"I lost 25lbs in 3 months! Samantha's workout plans kick my butt and i love it! I look and feel great in my bikini this summer!"

- TARA FLIS

"I got Samantha's workout app and I love it! Easy to use and so great to have the interactive clips of all the exercises!"

- MARISA MILLARD



# White Screen Videos

## Video Marketing Production Company

Since 2013, Samantha has created and produced over 4,500 videos for clients all over the world. Her videos include informercials, how-to videos, unboxing videos, product review videos and testimonials.

**Learn more at [whitescreenvideos.com](http://whitescreenvideos.com) !**



"Amazing experience, unexpected delivery way ahead of time, exactly what I was looking for! Will definitely use again!"

*-Revenue Builders*

"What can you say? Sam is a rare gem, a true professional television presenter with superb technical delivery as well."

*-InfoChammel*

# CONTACT



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@samanthakozuch

## BOOKINGS

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