

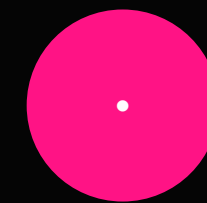
ON AIR



The  
*Sexy*  
WITHOUT  
**DIETS**  
PODCAST

HOSTED BY OLIVIA HOLGYE

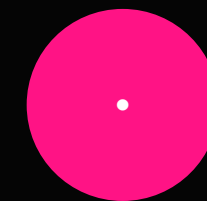
WOMEN'S HEALTH.  
REAL TALK.  
**NO DIET CULTURE.**



**127,988**

**PLAYS & DOWNLOADS**

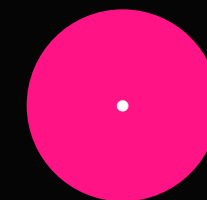
last 30-day rolling period



**30,157h**

**CONSUMPTION HOURS**

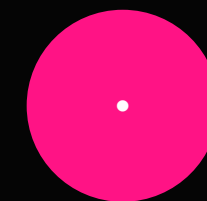
last 30-day rolling period



**3,300+**

**SPOTIFY FOLLOWERS**

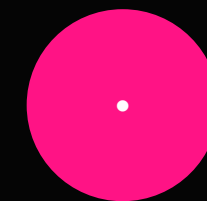
current audience



**98%**

**U.S. AUDIENCE**

highly concentrated Tier 1 reach



**88%**

**EPISODE COMPLETION**

average recent episode completion

# THE SHOW

*Real. Raw. Research-backed.*

Sexy Without Diets™ is a health and wellness podcast for women who are done with restrictive dieting, food obsession and body shame — and ready to build a healthy, confident, sexy life they actually love.

Hosted by Olivia Holgye, each episode blends personal storytelling, expert insights and practical strategies to help listeners break free from diet culture and create sustainable health from the inside out.

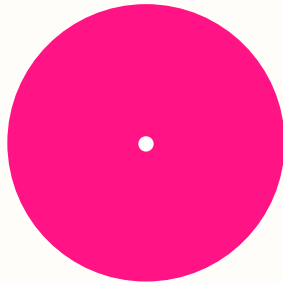
## LISTENERS COME HERE FOR:

- ✓ Help with emotional eating & food freedom
- ✓ Confidence & body image
- ✓ Healthy living without obsession or restriction
- ✓ Real talk about what actually works



# AUDIENCE & PERFORMANCE

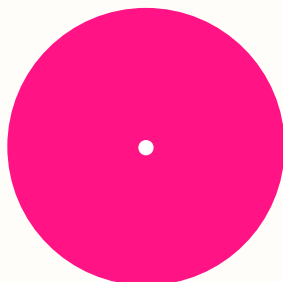
A GROWING, HIGHLY ENGAGED WOMEN’S HEALTH AUDIENCE



127,988

PLAYS & DOWNLOADS

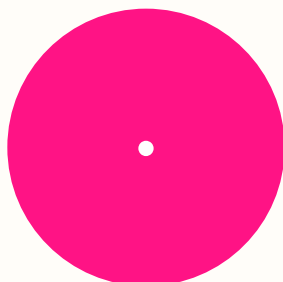
last 30-day rolling period



30,157h

CONSUMPTION HOURS

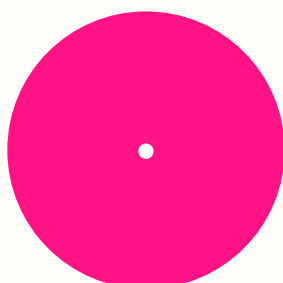
last 30-day rolling period



3,300+

SPOTIFY FOLLOWERS

current



98%

U.S. AUDIENCE

predominantly U.S.-based

## TOP EPISODE TOPICS

- ✓ Emotional Eating & Food Freedom
- ✓ Stopping Dieting & Fear of Change
- ✓ Staying Fit & Healthy Without Dieting
- ✓ Body Confidence & Self Worth
- ✓ Building a Healthy Lifestyle That Lasts



REAL  
CONVERSATIONS.  
REAL RESULTS.  
REAL COMMUNITY.

### MY LISTENERS ARE:

PREDOMINANTLY

FEMALE

98%

U.S.-BASED

88%

AVG RECENT COMPLETION

30,157h

LISTENER TIME / 30 DAYS

# PARTNER WITH SEXY WITHOUT DIETS™

Host-read podcast advertising & brand partnerships

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## REACH WOMEN WHO CARE ABOUT FEELING GOOD

A fast-growing, predominantly female, U.S.-led audience discovering food freedom, body confidence, sustainable wellbeing and healthier everyday living.

### 60-SECOND HOST READ

- Naturally integrated host-read ad inside an episode
- Brand messaging aligned with relevant show topics
- Listener-facing CTA, link or promo code

### 3-4 EPISODE TEST

- Paid multi-episode test to assess audience response
- Repeated exposure to build brand familiarity
- Trackable link or code where available

### LONG-TERM PARTNERSHIPS

- Recurring placements over a longer campaign
- Consistent and thoughtful brand integration
- Optional show notes or social amplification

**IDEAL BRANDS** Wellness • Beauty • Skincare • Health • Fitness • Sleep • Food • Lifestyle

## NOW OPEN TO SELECT PAID BRAND PARTNERSHIPS

Campaign pricing available on request. | [olivia@oliviaholge.com](mailto:olivia@oliviaholge.com)

Editorial fit and final published content remain at the host's discretion.

# BE A FEATURED GUEST ON SEXY WITHOUT DIETS™

Turn one powerful conversation into an evergreen authority asset.

## FEATURED EXPERT GUEST PACKAGE

Designed for coaches, practitioners, founders, authors and experts who want more than a guest interview. Your appearance becomes a long-form credibility asset that introduces your expertise, business and offer to a highly engaged U.S.-led women's wellness audience - and gives you professional content you can continue using after the episode goes live.

### INTRODUCTORY GUEST FEATURE RATE

**\$500 USD**

One-time guest feature package

## WHAT YOUR FEATURE INCLUDES

### YOUR EPISODE. YOUR EXPERTISE.

- 45-60 minute Riverside interview
- Collaborative episode title built around your name, business and listener hook
- Your expertise positioned as the central conversation - not a quick soundbite
- Evergreen placement in the Sexy Without Diets™ episode catalogue

### YOUR BUSINESS GETS SEEN.

- Your program, service or business naturally called out during the episode
- Clickable links embedded in the episode description / show notes
- Guest bio + clear next-step CTA for listeners
- Episode remains searchable and shareable after launch

### REPURPOSE IT EVERYWHERE.

- Riverside episode transcript supplied to you
- Final edited audio / video recording supplied for repurposing
- Selected social-ready edits / clips where available
- Use supplied assets across your owned social channels with podcast attribution

## WHY THIS IS DIFFERENT FROM A STANDARD GUEST INTERVIEW

You are not only appearing on the podcast - you are creating a branded authority asset that can continue introducing your expertise, story and offer long after the recording date.

**127,988**

30-DAY PLAYS & DOWNLOADS

**30,157h**

30-DAY LISTENER TIME

**98%**

U.S. AUDIENCE

**88%**

AVG RECENT COMPLETION

Paid guest features are disclosed transparently. Editorial fit, episode framing and final published content remain at the host's discretion.