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## **'Sister Wives' Star Inspires Community to Get Moving**

**Las Vegas, NV (February 2, 2017)** – TLC's hit reality show "Sister Wives" recently aired its season finale on Sunday, January 29, and star Janelle Brown is ready to take her very public wellness journey to the next level. Brown's devotion to becoming more active has inspired her to start an online movement for those seeking to improve their overall quality of life.

In September 2016, Brown launched *STRIVE with Janelle*, an interactive online community embracing the real-life challenges of maintaining a long-term healthy lifestyle. Brown created STRIVE (Strength, Tenacity, Resilience, Integrity, Vision, Endurance) to help people who feel overwhelmed about taking the first steps to becoming active and are struggling to maintain a healthy lifestyle. Brown, a Las Vegas local, is personally leading the journey and, in a short time, has amassed a popular following on her website and social media channels.

"The biggest obstacles to health are fear and self-doubt," Brown said. "This is not about being perfect. Like everyone, I've lost and gained weight but what I discovered is that movement is the key to having a good quality of life. Through STRIVE, I am sharing my own 'trial and error' journey to inspire people to come along with me in setting reasonable short and long term goals."

The STRIVE website includes direct access to Brown's blog with personal diary entries, daily motivations, healthy recipe ideas and exclusive workout videos led by STRIVE certified trainers, which are available to paid members.

In order to cultivate a personal connection with her STRIVE audience, Brown has been busy hosting live video sneak peaks on Facebook featuring workouts and members-only access to one-on-one private group discussions.

Brown and her family will be appearing at the upcoming [Diva's Day Out](#) event on Saturday, February 25, where she will be meeting members of the local community and debuting the STRIVE program.

Membership to this life-enriching online community is \$9.99 a month or \$110 a year. To sign up and become a part of Janelle's online journey toward a long-term healthy lifestyle, visit [www.StriveWithJanelle.com](http://www.StriveWithJanelle.com).

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