

THIS
GIRL
CAN

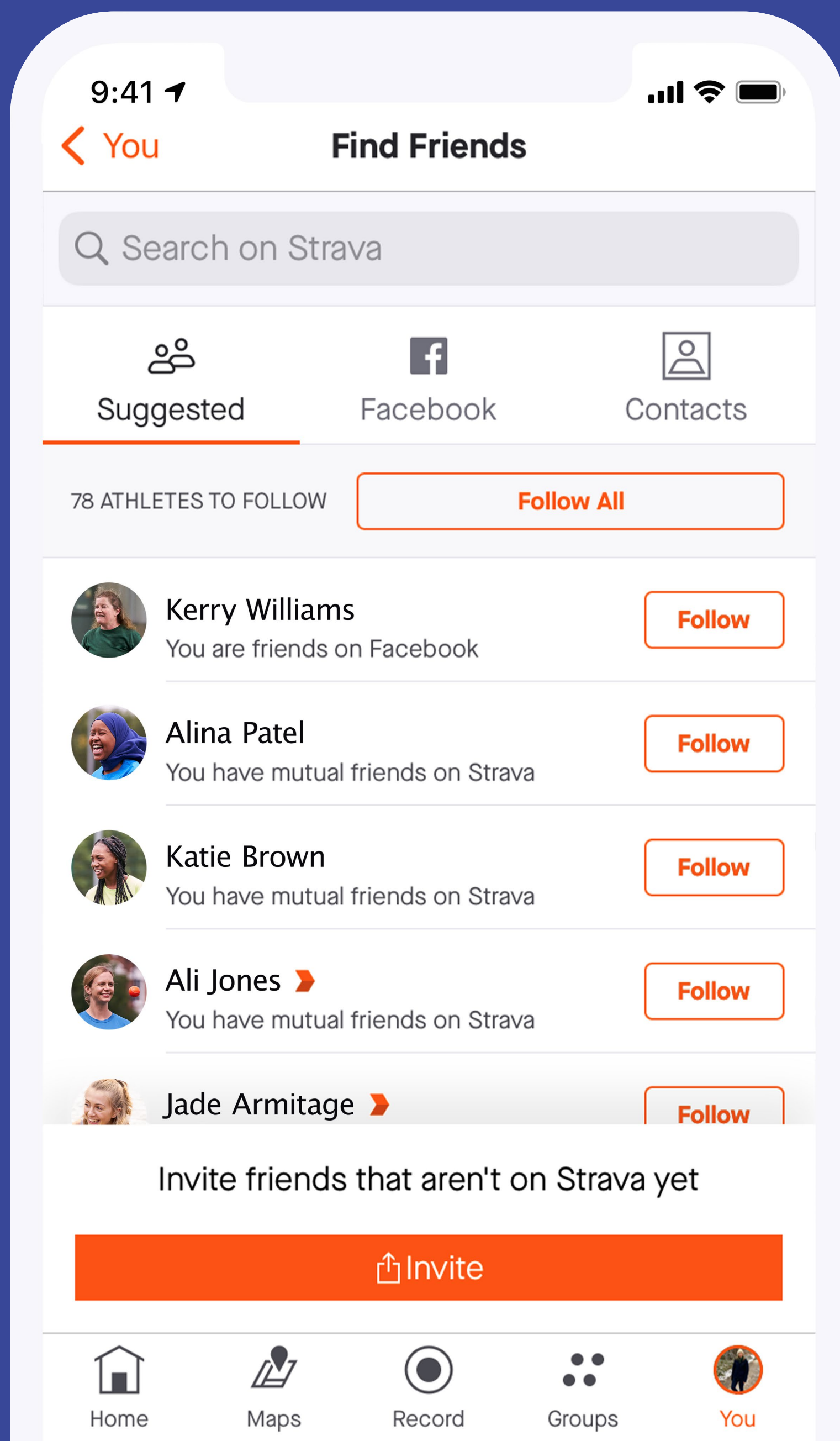
STRAVA

**BUILD YOUR
COMMUNITY
ON STRAVA**



STRAVA

What makes Strava special is the community. Whether that's your close friends or a larger group with like-minded interests – you'll get more from Strava when you connect with others.



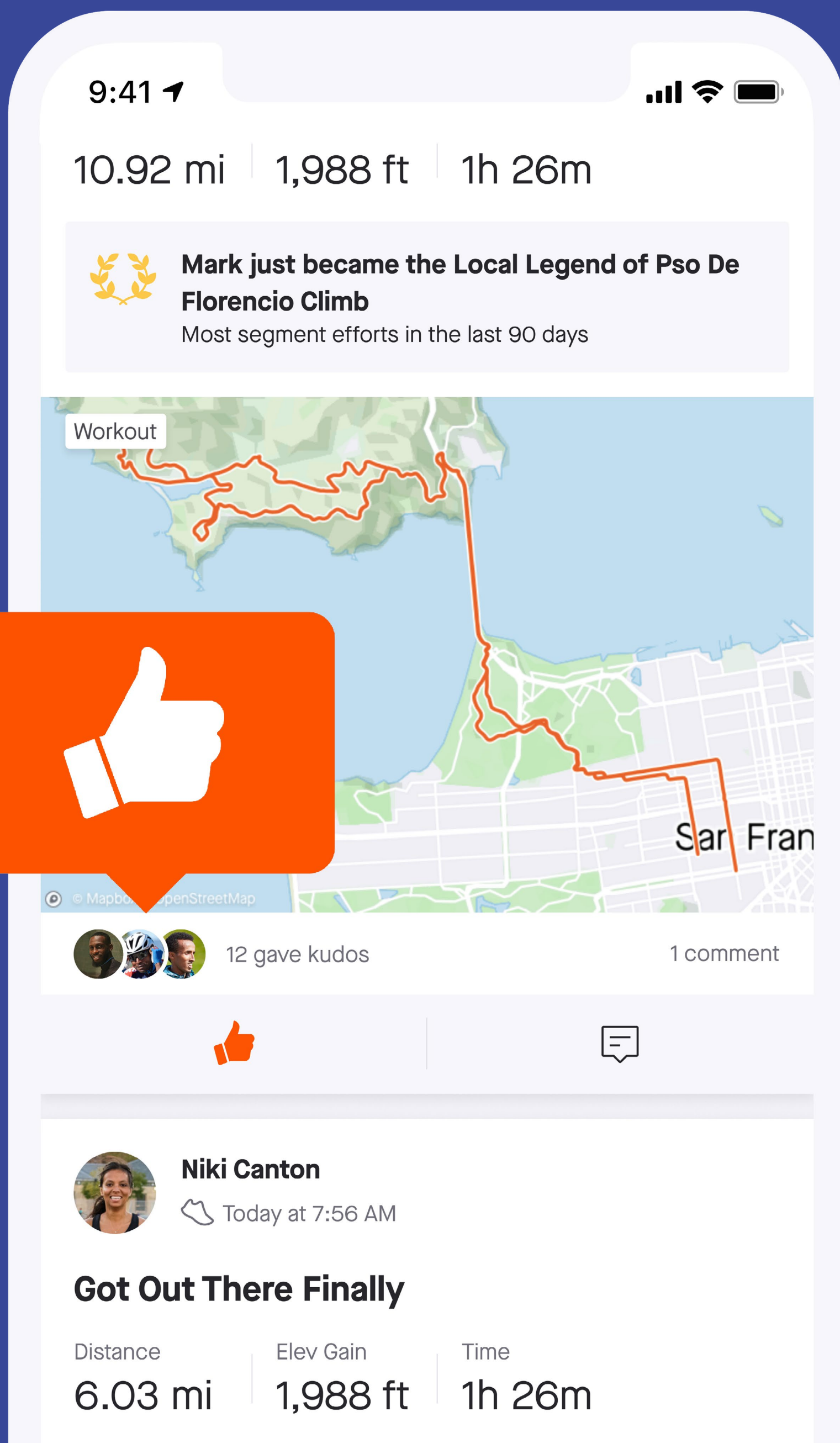
STEP 1

Friends help friends stay motivated

To find which of your friends are on Strava:

- Click 'You' / People icon
- Search friends' names, browse suggestions, or add your contacts.
- 'Invite Friends' to share your progress with others!





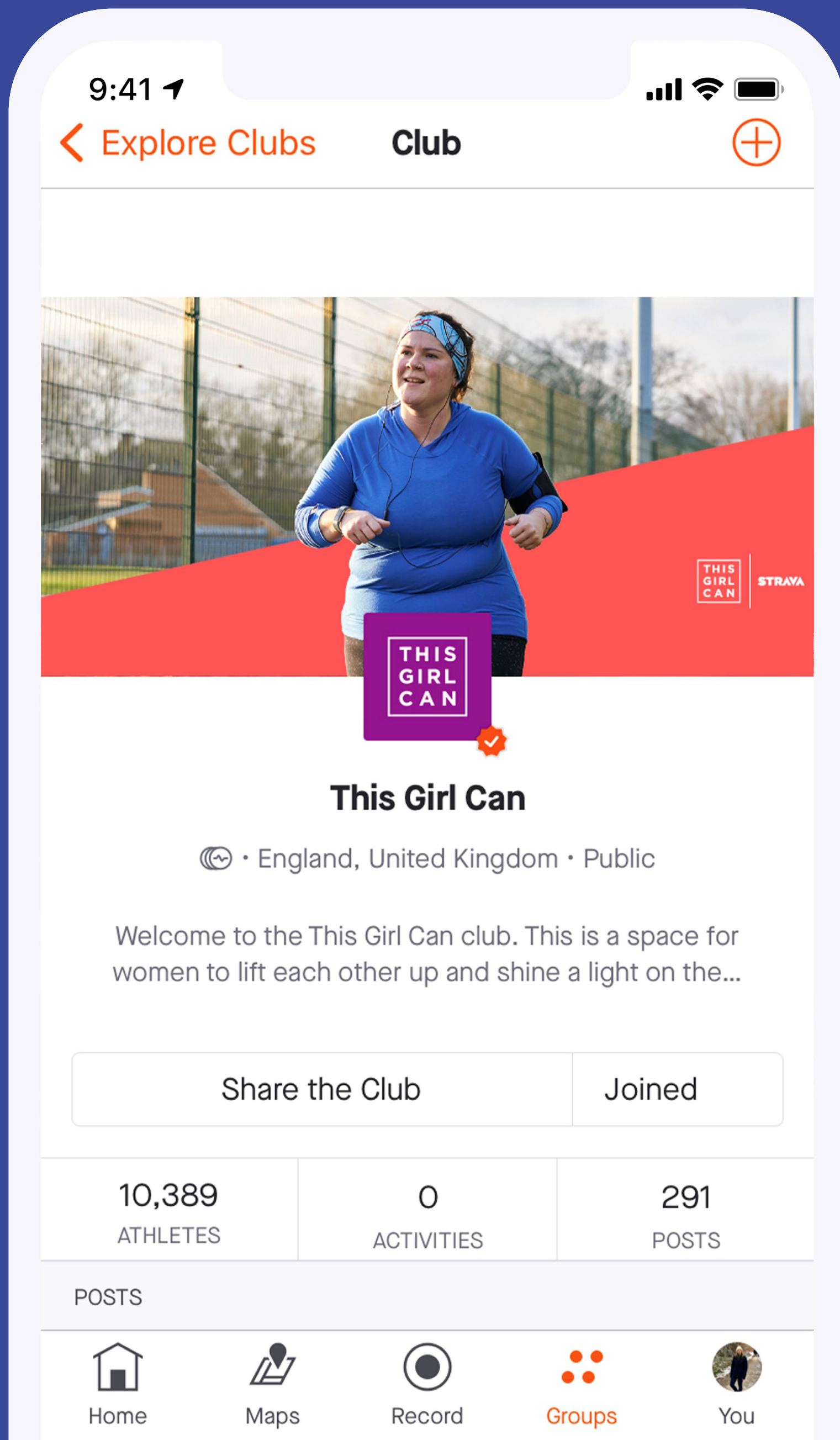
STEP 2

Don't forget to give kudos!

Give your friends the encouragement they deserve for their efforts with kudos!

When you see someone's activity in your feed, click the 'thumbs up' button beneath it to show your support. A little kudos goes a long way.



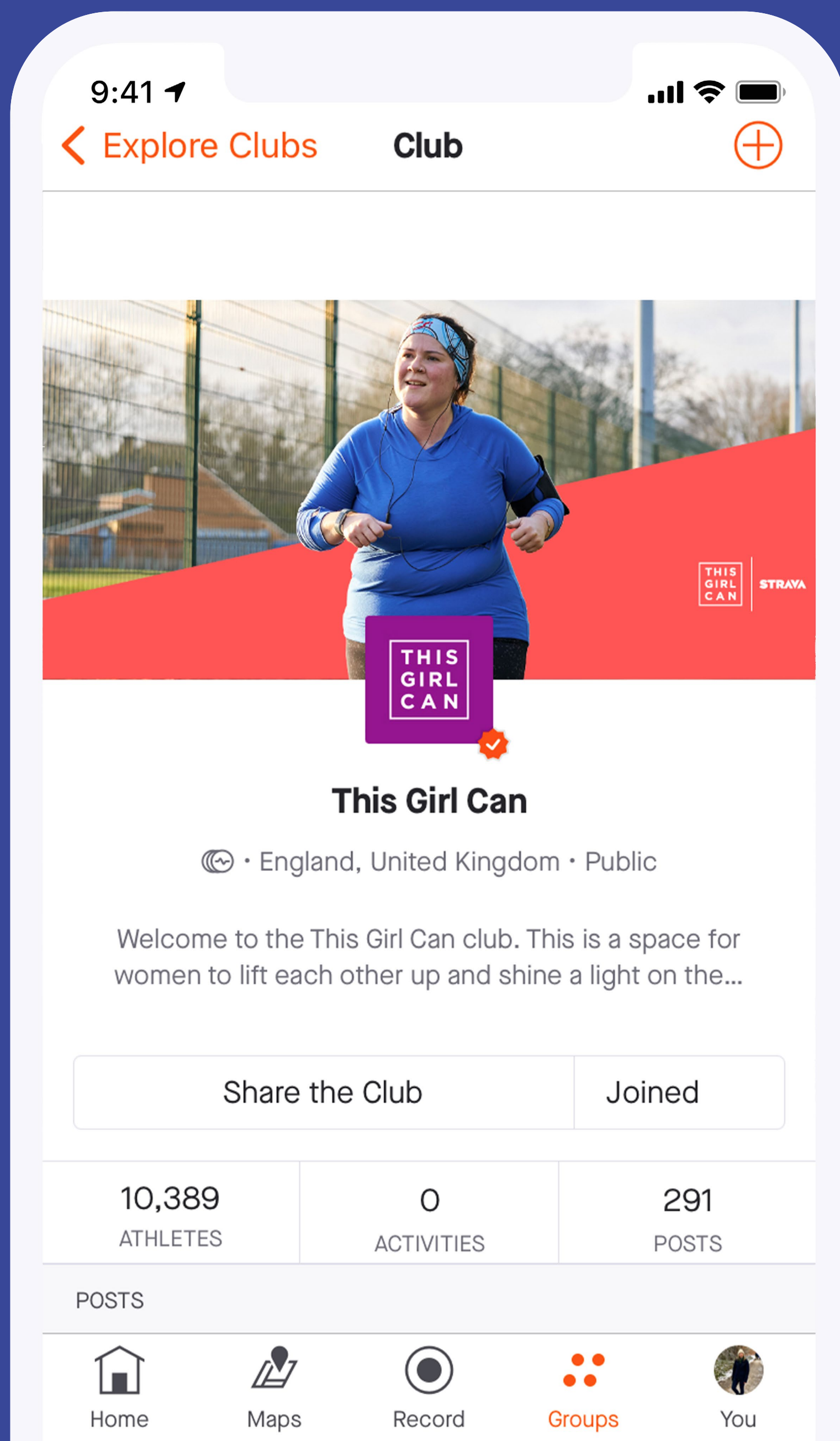


STEP 3

Join the This Girl Can Club

The This Girl Can club on Strava is a brand-new club for women who are making their comebacks after a break. This community will help you hit your stride!





STEP 3 (CONTINUED)

Join the This Girl Can Club

- On Android: Tap the magnifying glass at the top of the clubs landing page.
- On iOS: Groups tab / Clubs section / Explore Clubs search bar.





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COMMUNITY IS KEY!

**Lets do this together with
the This Girl Can club.**