

Britney Alston

formerly Crosson

ENTERTAINER

SOCIAL MEDIA THOUGHT LEADER | CREATOR | FOUNDER

325,000+

total social media followers

78%

USA following

6M

30 day avg reach

80%

female following

70%

age 35 - 54

totals across platforms - Facebook, Instagram, TikTok

@THEBRITNEYALSTON
FACEBOOK, INSTAGRAM, TIKTOK

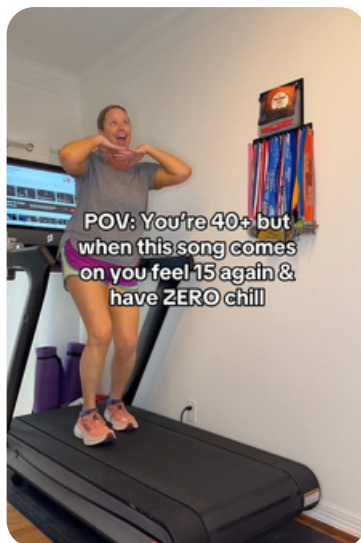


Houston, TX



Social Media Thought Leader, Britney Alston is the Founder & Creative Director at Fun Love Media, a creative marketing agency in Houston, TX. She was the host of global chart-topping podcast, The Social Sunshine Podcast, which ran for 5 years, from 2019-2024. Britney founded Social Success, an annual in-person conference that helps social media marketers, creators and business owners level up their social media and online marketing skills. In 2026 Britney launched The Middle Mix, a show for badass middle aged people.

You may have seen Britney dancing (on her treadmill, spin bike, or even on the ground) or lip syncing 80s and 90s music on social media. With over 150 million views, and counting, Britney inspires and entertains audiences all over the world with her “post the f***ing video” message.





When you show the world your true self, you then have true freedom. -Britney Crosson



The Nightcap, Fox 26 Houston

A lifelong performer, Britney has appeared in dozens of film, television and theater productions. When she discovered social media via MySpace in 2004 she looked at it as one big virtual stage. Since then she has become one of the country's most loved social media thought leaders as she encourages others to show up authentically and post the f**king video.

Available for social media brand collaborations.

Content Topics:

- + midlife, middle age, xennial, gen x, elder millennial
- + perimenopause humor
- + midlife awakening, rediscover your zest for life

Rates starting at \$800.00 per video per platform, 2 video - 2 platform minimum (\$3,200 minimum). Add podcast sponsorship starting at \$500.00 per episode, 5 ep minimum.



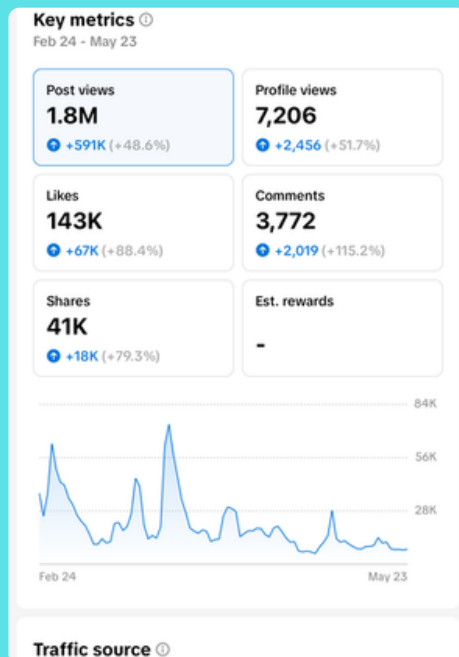
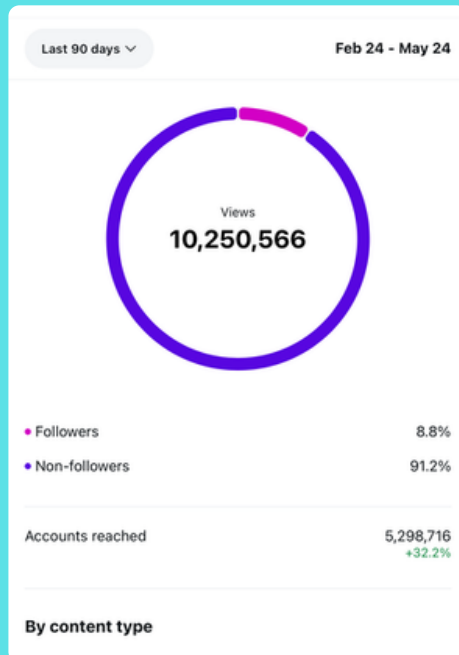
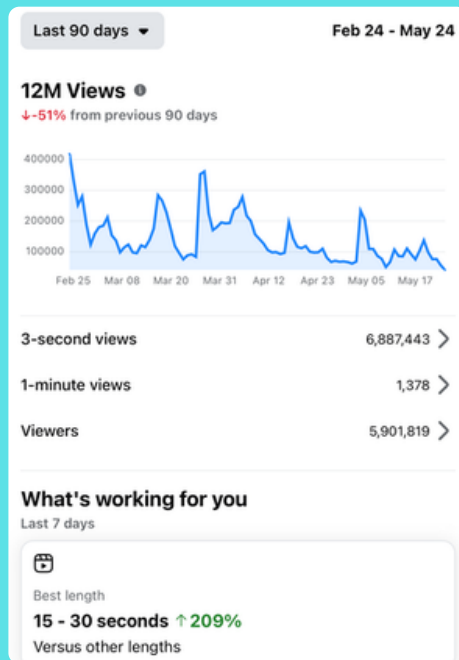
Pictured with Team Fun Love Media



Podcast Host



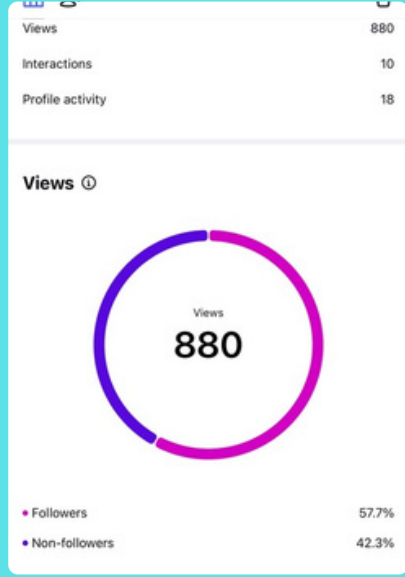
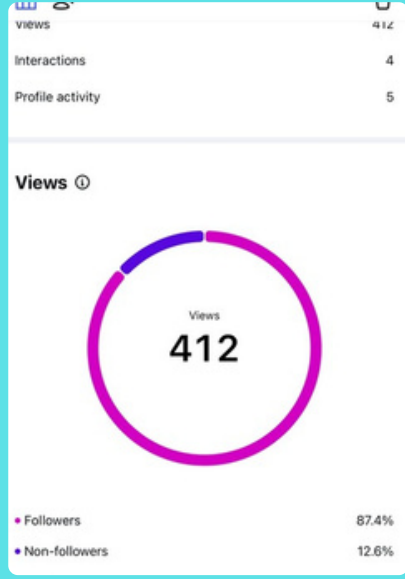
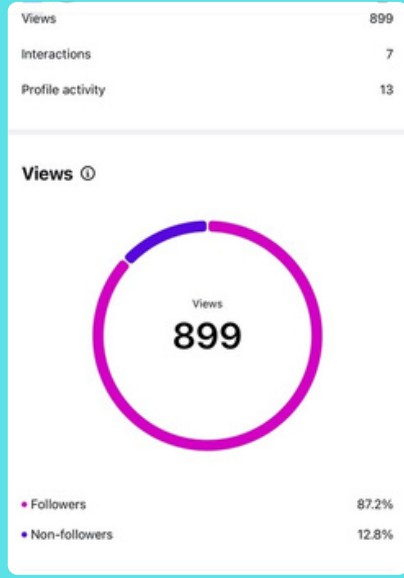
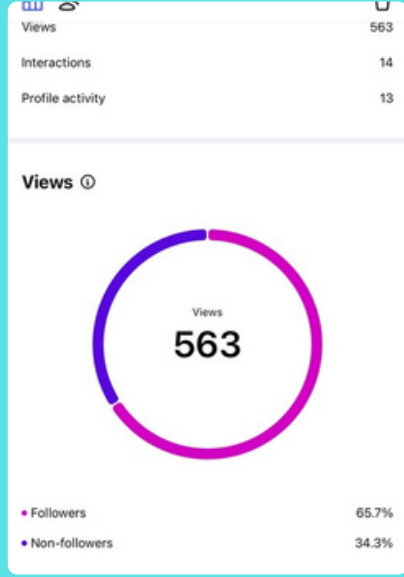
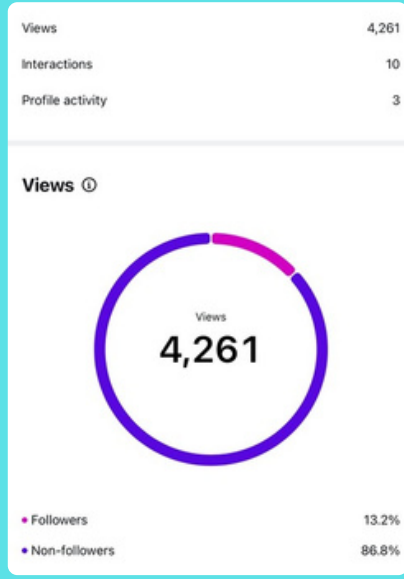
Founder of Social Success Conference



Britney's 90 day views

Britney's Instagram Stories Analytics

from May 16 - 24, 2026



average demo: 75% female, 25% male