

Friends & Family!

I've started a fitness business but NO WORRIES... I'm NOT going to be pushing products on anyone! Even if you DO want to get fit; you'll have to tell me, because I'm not going to be that obnoxious salesperson... I just want to inspire, support, give advice, and if you DO want to be directed to workout program or nutritional supplement that will help you, I'm here for that too.

So some of you may or may not know I've been on a journey to get fitter and it's had a HUGE impact on me, so much so that I've started a health/fitness business with Beachbody (the creators of P90X, Insanity, Shakeology, 21-Day Fix, Turbo Fire, etc). I really appreciate any support you'll show as this is something extremely positive for me and the people I'll be helping along as I'm still on my own journey too.

This may sound overly dramatic but I seriously have fallen in love with living a fit life and how all of that is making me feel and I just want you to experience that as well... if you WANT that.

I've already ____ (*insert pounds lost OR any physical or financial benefits since starting BB programs or since becoming a Coach*) despite being skeptical at first since I felt I had exhausted all options. I mean it when I say this has been life-changing and I want others I care about to experience this too.

If you DO want a beachbody program or supplement, I'm hosting an exclusive fitness Challenge Group, like a "biggest loser" type group **starting on X Date and running for X days** within a private Facebook group, for those who make a purchase by ____date. We'll just check in daily and hold each other accountable and share what works.

But let me be clear... you do NOT have to buy something in order to get my help! There are lots of options to choose from in fitness and nutrition and I'm here to help you even if it means just giving you some advice and directing you to a program sold at Walmart! I'm not in this because I love helping people in fitness and that's at the heart of this business.

I'd LOVE to get you started and seeing better and faster results than what you're seeing now.

Fyi, at the moment, I have 5 spots open for this challenge group! Reply back if you want details on that.

Even if you have no interest in the challenge group, please reply back with a "Got It" or something just so I know this didn't go to your junk folder :)

Thanks!