

Hi First Name

How did you show up for yourself last year?

Did your habits fall apart? Did you find new traumas that were tough to deal with?

Did a few extra pounds find their way to your body?

It's ok. You've made it through a **global pandemic** during a chaotic time in American history.

You're in the history books!

Now it's time to take stock. Is this where you want to stay? Or do you want more for yourself?

If you want more, then let's chat.

Have you wondered how some people have been able to get through this pandemic unscathed?

And not just unscathed...I know people who have been **thriving!** How do they do it? What's their secret?

Their secret is...

...there is no secret.

This is what they know:

- There are no shortcuts.
- There are no hacks.
- There are no quick fixes.

They use simple habits, broken down daily, applied consistently, and developed into a lifestyle.

How did they learn it?

I can teach you.

There's no better time than right now, the first of the new year, to become a better YOU with a Healthy Habit Reset.

This is a simple 4-week program designed to consistently instill new habits into your body's operating system, so you can elevate yourself into a new state of being.

While it's simple, it may not always be easy. But it's actually going to be fun.

When you join, you immediately get a **done-for-you** nutrition plan that takes the guesswork out of developing new eating habits and allows you the flexibility to choose the foods that are right for your body and ***that you actually like to eat!*** (Yes, this is possible)

You get quick workouts and multiple classes including recorded sessions, so you can fit your workouts into your life, not the other way around. Don't like getting up at 4:30 am to exercise? You don't have to!

Do you have to do this alone? Nope. We've all been way too isolated. As a member, you have a supportive community cheering you on, and we're all working toward a common goal - healthy habits and a healthy lifestyle - one workout, one meal, one day at a time.

For just \$125 (the price of one Starbucks a day), you get:

- Group training with unlimited class options/week
- 2 office hours offered per week (1 hour/session TBD)
- Unlimited text messages, chat, and group messages (response within 24 hours)
- Access to a private Facebook group for community support
- Weekly challenges to grow your fitness and mindset
- Progress tracking with Well World, a robust mobile app
- A nutrition plan designed for your needs to support you through the first 30 days
- \*Access to the best supplements that fit into your daily routine, recommended to provide specific support during your first 30 days (sold separately)

So for the price of one Starbucks per day, you can invest in yourself and build healthy habits (with a lot fewer fat grams, sugar, and calories). You can fit fitness into your life when the time is right for you. You have unlimited support so when things get tough, you have someone to talk to, commiserate with, and cheer you on. You can track your growth and watch how consistent steps in the right direction can take you further than you ever dreamed possible.

Is there anything more valuable than your health?

Think about it. I want to make sure it's something you want to be part of.

Picture your life feeling happier, more grounded, moving with ease, and meeting people who support you. What does that feel like to you?

I hope you join us in this group. I'd love to see your face on Facebook and in our workout classes.

Let me know if you have questions, and I'd be delighted to answer them.

Yours in health,

PS - I almost forgot to tell you where to sign up! Just click here → [LINK TO PURCHASE](#)

PPS - I thought you'd like to know what Staycee said:

“Over the past 2 years my life has been changed for the better through fitness and health coaching by Jaime. Her amazing HIIT workouts and constant support both in and out of the gym are like nothing I have ever experienced in the past. By building a community of like-minded people, of all fitness levels, Jaime has instilled confidence in many and has shown me what I can accomplish in strength and in health. In addition to Jaime, I have been lucky enough to have been coached by all the wonderful trainers at Central HIIT. This is not just another gym! Central HIIT is an amazing, supportive, community where everyone is accepted and all are made to feel welcomed. ”