

Hi

Remember what I asked yesterday? Is there anything more valuable than your health?

I hope you sat with it a little bit, and I really hope your answer is “No!”

If we have any major takeaways from recent years, they would be: LIFE IS SHORT and WE NEED TO BE KIND, especially to ourselves.

How do we put together all of the things we need to do to build the healthiest body, the most blissful soul, and the most peaceful mind?

First, we do it together. As isolating as life can be, it does take a village to come together and work together. In Paleo times, everyone belonged to a tribe to thrive and survive.

Second, we take it slowly, step by step. You won't even realize how much you're doing until you look at your progress and see how far you've come.

Third, we focus on a positive outlook and how being our best selves serves not just us as individuals, but the entire tribe, community, city, country, and the planet.

Remember what we went over yesterday:

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

Are you still willing to do all this by yourself?

You don't have to!

I've put together a simple 4-week program designed to consistently develop new habits for each one of us. This new foundation gives you more energy, an improved mood, and better-coping skills to handle stress.

When you join, you get 1x1 chat & video communications, weekly office hours, and a group working on the same skills, so you can develop accountability and reassurance that you're not broken and that you can take that next step.

As we went over yesterday, you also receive a **done-for-you** nutrition plan that takes the guesswork out of developing new eating habits. Do you have to eat kale every day? No. Your plan allows you the flexibility to choose the foods that are right for your body and **that you actually like to eat!** So if kale isn't your jam, it won't be in your plan.

You get workouts that build your physical performance, so you can take the stairs without being winded; you can keep up with your kids and grandkids, and you won't feel "old." There are multiple classes including recorded sessions, so you can fit your workouts into your life, not the other way around.

Here's what Kristin said: *"I first met Jaime at a 5 am class at the gym. I was 40 and in the worst shape of my life. I was so desperate to get back in shape, and I needed training that could fit my busy working mom lifestyle. I was so worried about fitting in at the new gym. From the minute I met Jaime she was so genuine and encouraging. She knows how to push you beyond the limits you have set for yourself. I have been training with her for almost 2 years. I am stronger and in the best shape of my life at 42! The best part is that she instills positive thinking and forward momentum that help YOU reach YOUR fitness goals!"*

Our goal is to build healthy habits and a healthy lifestyle - one workout, one meal, one day at a time.

How much does all that cost? It's only \$125 - That's it! That's about \$4 per day.

For less than \$5/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)

For under \$5 per day, you can invest in yourself and build healthy habits, improve your mood, and increase your energy. You can increase your fitness so that stairs are easy and carrying groceries is a breeze. You get 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. You can save time because life is too short to feel old and broken.

There's a world out there that's waiting for you to embrace it. Are you ready for it?

Imagine being with people who are going through the same process as you, who have your back, and who know what it feels like to move forward consistently. What would feeling better daily do to improve your life? How would more energy make you feel?

I've taken the hard stuff out of signing up. Just click here → [LINK](#) and register.

I know you're a great fit for this group!

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

Yours in health,