

Hi

Want a quick way to improve your mood and feel better about yourself in the next 5 minutes?

I know, I know... I've said that there are no shortcuts, hacks, or quick fixes, but this isn't a "hack" - it's a superpower that you have, and you might not recognize it as a superpower.

When you use this superpower, your mood improves, you feel better about yourself, you have more energy, and you become an unstoppable force.

What is this superpower?

It's helping someone else.

In our Healthy Habits Reset, our community needs your superpower. Your willingness to support another member who needs your reassurance or your ability to cheer them on to help them reach their goal.

Did you know that you possess this superpower?

You do - and that's one of the reasons I'd love to have you in this group. You have so much positive energy, and I know that when you share it in the group, you're going to make everyone else feel like they can do anything!

Nobody should feel like they have to do everything alone, including you. You don't have to do this by yourself!

Here's what Andrew said: *"Calling fitness a journey is nothing short of the truth. It consists of highs and lows and moments that challenge you to really believe in yourself. However, journeys like this are made so much easier when you have not only a guide, but a family of support. Jaime, Heather, Christina and Shelby were this for me and much more. Coming into this I had my doubts but they coached, taught and supported me throughout it all. Whether it was small notes about my form, tips on how to better diet, or simply yelling out "Good Job" as I melted away, they were consistently there and I am grateful for that. In two years they helped me to gain back confidence in myself and see changes in my body that I did not believe I would see again. I began at a 42 waist and saw myself at a 36 once more, though I dare say my leg size kept me at a 38, but more importantly they helped me reach my goals and set new ones. Beyond that they saw me through hard times when I had suffered losses in my family that made it hard for me to want to be better. So it is with all sincerity that I say there is undoubtedly nobody I would trust with my fitness and personal goals as I do Jaime, Heather, Christina and Shelby."*

When you register, you're instantly part of a community that looks out for one another, shares recipes for eating and for soothing sore muscles, that gives each other tips on how to cope with stress beyond fitness and nutrition.

When you join, you get 1x1 chat & video communications and weekly office hours, because sometimes you need someone to listen to just you, and that's ok; that's why it's part of this program.

You also receive a **done-for-you** nutrition plan that takes the guesswork out of developing new eating habits. Your plan allows you the flexibility to choose the foods that are right for your body and **that you actually like to eat!**

This simple 4-week program is designed to consistently develop your fitness and resilience so you can handle physical challenges, as well as emotional ones. There are multiple classes including recorded sessions, so you can fit your workouts into your life, not the other way around.

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 develop your superpower of support, while building your own healthy habits, improving your mood, and increasing your energy.

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 are people who are ready to meet you, cheer you on, and need the same from you. Are you ready to meet them?

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,