

Hi

Can you believe it's already _____??!!

Do you know what that means? It's the last day to sign up for the Healthy Habits Reset program for January.

I really don't want you to miss out on this. Not only are you worth the investment in yourself, but the other members who have already signed up are excited to welcome you (and they feel the same way about you - You're Worth It)!

Just click here → LINK and sign up.

If you have any questions or concerns, please email me back and let me know. I want you to feel like this is something you'll benefit from. I also don't want you to put this off because you're afraid to ask a question.

Again, it's only \$125. 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)

That's less than \$5 per day; the same price as Starbucks for a month!

Unlimited support, workouts when you can work out (don't rearrange your schedule), a meal plan to take out anything confusing, and people, who I already said will love you.

I've got to close the doors on this though. We're all doing it together. Today is the last day to sign up.

I've taken the hard stuff out of registering. Just click here → LINK and register.

I really want to see you on the other side.

Yours in health,

