

## Monthly 5 – Seminar Push for New Lead

Hi (Name),

We've all been there. You're exhausted. You didn't get a good night's sleep. Work's been crazy. You just binged. You're having relationship trouble. We can come up with any number of reasons why we shouldn't keep going on our weight loss plan. So what can you do to get yourself back in gear?

The first thing we suggest is that you [get some professional support!](#) When you're sick, you go to the doctor. When you're getting married, you get someone to do your hair and makeup. When your toilet is broken, you call the plumber. So why don't you do the same when you're trying to lose weight? If you tried to fix your own toilet without knowing anything, you would soon become discouraged and give up.

So why are you putting your weight loss efforts in a different category? When you can't do it by yourself, or you want it done perfectly, call a professional! Come to our seminar, and we can teach you exactly how to lose weight for your unique body type!

Another thing to do is to view your weight loss journey as an exciting opportunity, not drudgery. Find fun things to do for your workout. Make your mealtime an exciting one with new and unique recipes. Make a wager with your spouse about who can stick to it the best or lose the most weight. Take the stress out of your weight loss by making it fun!

A giant overhaul of everything in your diet and exercise habits can seem rather daunting at times. Make it easier by trying one thing at a time. Start by drinking more water. The week after that, go for a walk. The next week, try going without dessert. Making small changes will keep you motivated, because you'll always be focusing on something different, and you won't get overwhelmed.

Again, we strongly encourage you to come to our [Weight Loss Seminar!](#) We can teach you so many things that you never knew about your body that will make fat burning and weight loss a hundred times easier than you ever thought it could be!

Take care,

(Clinic Name and Information)