

Weekly 1 – Seminar Push for New Lead

Hi (Name),

When you are trying to [lose weight](#), it can be especially difficult when you have a social life. Parties, dining out, and going to the bar with friends are all stumbling blocks in your pathway towards weight loss.

However, recent studies have shown that it's more than just the lifestyle habits that you develop with friends...it's the way you interact with them. Have you ever heard of subconscious mirroring? When you admire someone, feel a connection, or experience empathy for them, you sometimes will unintentionally mirror their gestures or body language.

These studies have shown that the same is true for eating habits. When a good friend orders dessert, you'll want one, too. If your significant other finishes off their entire plate, you, unconsciously, will do the same.

Rather than locking yourself in your room and never speaking to any of your friends or loved ones again, instead become a mindful eater!

Mindful eaters do not simply follow their cravings or their moods. They concentrate on consuming only healthy foods, savoring those foods as they eat, and then stopping the moment they feel full. They use portion control and take charge of their daily meal plans.

It's true that this kind of eating can sometimes be difficult with friends, so reach out and ask them for help. Request that you share a meal, rather than get a full plate of food each that you will be tempted to devour. Skip the drinks and go for water. Remember that *nobody* can keep you from slowly savoring and chewing your food!

We would love to teach you more about how to take charge of your social eating habits. The best way to do that is to come to our Weight Loss Seminar! There, we will tell you more about how we help people control their cravings, how to dine out *and* stay healthy, and much, much more!

[Sign Up for A Weight Loss Seminar](#)

Reserve your seat now to start your journey towards swift and comfortable weight loss!

Take care,

(Clinic Name and Information)