

Weekly 2 – Seminar Push for New Lead

Hi (Name),

At our [Weight Loss Seminars](#), we teach people like you about the importance of forming many lifelong habits that will assist you with your weight loss efforts. Among these is the vital importance of getting a good night's sleep.

You may think that it doesn't matter how much sleep you get, as long as you eat pretty health and get some exercise every day, but recent studies have shown that the less sleep you get, the more likely it is that you will continue to gain weight!

The University of Chicago conducted a study that compared individuals that ate the exact same diet. Half of them slept for eight and a half hours every night, and the other half slept only five and a half hours every night. Those that received more sleep lost four times more fat than the other half!

Other studies have shown that people who survive off of less sleep have difficulty making wise decisions. Not only are their emotions all over the place, but they also tend to make poor food choices.

Your body naturally thrives on sleep. Did you know that people who get a good night's rest burn twenty percent more calories after every meal – just sitting, not doing anything else – than those who don't get a full eight hours of rest?

If you have difficulty falling asleep or you tend to wake up several times in the night, then please come to our seminar! There, we can teach you about what might be keeping you awake at night and how you can deal with it to get a full, sweet, luxurious night's rest.

Reserve your seat now, and don't spend another night lying awake and gaining weight!

[Join Us at the Seminar!](#)

Have a beautiful day!

(Clinic Name and Information)