

## Learn and Lose Lesson Emails

### Week 17

**SUBJECT:** Learn and Lose Week Seventeen

**EMAIL:** Hi (Name),

Hello, week 17!

This week, we'll go over weight training and why it's vital to weight loss. And more importantly, how YOU can use it for your own benefit!

We'll also teach you about Cardio Health Essentials, a drink mix that can boost your heart health and help your workouts!

You can watch this lesson at any point this week, but next week only lesson 18 will be available, so don't miss out!

Feel free to call us with any questions or concerns you may have!

We are here to help!

Enjoy the lesson!

(Clinic Name)  
(Office Address)  
(Office City and Zip)  
(Office Phone Number)