

Learn and Lose Lesson Emails

Week 9

SUBJECT: Learn and Lose Lesson 9

EMAIL: Hi (Name),

Wow! Congrats on making it this far! Your commitment will definitely pay off. This is week 9.

This week we'll talk about high intensity interval training (HIIT) and how you can use it to maximize your weight loss!

We will also teach you how our natural Exercise Gel can help you lose weight!

You can watch this lesson at any point this week, but next week only lesson 10 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)