

Sales email for a fitness company.

**Are you tired of having no energy?**

Tired of being a slave to food and wondering how you're going to drop those pounds?

Tired of feeling so frustrated that you just can't win?

Tired of pills and supplements and cleanses and crap that doesn't work?

Tired of feeling self-conscious and embarrassed your own skin?

**If that is you, keep reading!**

I want to coach you over the next 21 days.

**[Introducing Bootcamp Intensive](#)**

Why?

Let's talk about the elephant in the room for a second.

Clean eating...

Quick fix diets...

Endless hours of exercise...

Chances are you've been through these methods.

Yet STILL have no idea where to start.

I often speak to women who feel like no matter what they do, it's a constant battle trying to find something that actually works.

And that's exactly why I'm offering this 21 Day Challenge.

To show you that long term results ARE possible. In my last bootcamp, women dropped between 7-12 lbs on average.

**Here's what you'll receive:**

- Our ANTI-DIET nutrition system that will allow you to STILL eat the foods you love, without feeling guilty!
- Fun 30 minute workouts to boost your metabolism FAST from the comfort of your own home.
- Mindset Coaching to boost your confidence from the inside out.
- A huge support and accountability network with EXPERIENCED coaches and a

- Group coaching calls to keep you in momentum and kicking butt.
- And MUCH more!

**Please note: Spaces for this challenge are extremely limited, as we only work with a handful of women every month.**

If you're ready to drop weight the RIGHT WAY, learn a sustainable method of weight loss, and finally achieve food freedom, this Bootcamp is for you!!

Cost: \$129

Why? Because it's been proven time and time again that women who invest have better results. They actually put in the effort to win.

Women who get something for free get lazy and don't get results! (Not saying that's you. . .but maybe. How many FREE programs have worked for you in the past?)

So, if you are ready to rock - It's time for BOOTCAMP!!!!

[Click here to get started!](#)

Let's do this!

Hope to see you on the inside,