

Hey Kim,

I like the videos you post on joint mobility and back pain. You highlight a common issue and give a real actionable solution to it, extremely valuable content!

I scouted your competitor **GMB Fitness** and stole a couple ideas he was using for selling his courses. He's found huge success in using opt-in pages, Facebook Ads, and email newsletters which seem to work extremely well in your niche.

I decided to make a Facebook Ad for you to check out.

<https://docs.google.com/document/d/1RCRZIGQpZuQYly0v8sspklwDpgJ0IFi-ihZjp4MnYMK/edit?usp=sharing>

Let me know if you like it, I'm curious to know what you think of it.