

DM#1

Hi Katy, I can't say more than agree with you with your reel on fitness.

I'm writing because I saw you have an application set up for people to train with you.

But you don't have a website about yourself and your journey, which can skyrocket your credibility compared to Instagram alone.

This way, you will get new clients and better feedback.

I can also create a bonus for your audience, such as a short e-book on how to train or eat to fit in the 40s like you are.

Let me know if you have any questions.

DM #2

Hi Heather 🙌

Your recent post about navigating the challenges of food control resonated with me.

I'm reaching out with an idea – what do you think about collaborating on a mini-guide to regain control over food?

It could be a helpful resource for your followers. If you're up for it, feel free to ask any questions you might have or share your thoughts.

Let's chat more about this if you're open to it! 🌱