

P A S Instagram ad for fitness prospect. They have a friendly and encouraging voice, with a focus on community and relationships. (Local Business) The prospect owns a Crossfit gym

**Subject line:** Sick of people constantly judging your looks? 🙄

Imagine a healthier, more energetic you. The you who stands tall and radiates confidence.

The you that makes people gossip about you being “natty”, and asking you “How?”.

To achieve that you need to spend 2+ hours in the gym, following a very strict diet right?

**WRONG!**

The truth is, that people achieve this with an hour a day that removes the taste of GUILT mixed with their favorite food.

It starts in a vibrant local community dedicated to achieving fitness goals TOGETHER.

No gimmicks or unattainable promises.

Rest assured, it's a judge-free zone; pinky promise!

Start your path to a healthier, happier you for FREE.