

This is spec work for my portfolio.

This is the second email, after the free gift. The next email is a sales email.

Would something like this be a good discovery project?

**Your chances of getting a fit, strong body are getting smaller every minute.**

Hey (name)

If you skip exercising and eating well every day, you end up gaining extra weight.

It happens slowly, and before you know it, you're overweight.

It could be due to stress or caring about what others think, whatever the reasons.

Instead of doing something about it, you keep eating, and the weight keeps piling on!

We both know this just makes things worse.

Can you try eating a tiny bit less every day and moving a bit more?

**That's enough to lose weight.**

Even if it's just a little, you will like the results and feel like doing a bit more every day, which will lead you to better results.

And if you had people going through the same thing, sharing the same journey, helping you out.

You would gradually lose weight.

Tomorrow, I'll talk more about this and give you an opportunity to be part of our community.

Best regards

(name)