

Here's a quick email you can use to help get your clients onboarded with Zoom for your live-streaming workouts! Big thanks to Missi Balison for helping out with this email!

To edit this email:

- File → Make a Copy
- Or Download the file to your computer

Hi **Name**,

We are SO excited to have you join us for our live workouts ... right from inside your living room!

Our tribe has been loving the live stream workouts! They've been talking non-stop about how they are helping them to feel connected, lower stress levels, improve their mental health, stay active, and help them to feel GOOD right now.

It has also been INCREDIBLE to see how our clients have not been using this pandemic as an excuse NOT to exercise and veg out in front of the TV ...

but rather as an OPPORTUNITY to focus on their goals and to take better care of themselves!

We're in this TOGETHER!

Join us for the **XX:XX am/pm** workout:

ENTER ZOOM LINK HERE

BEFORE JOINING:

You will need a phone, tablet or computer with internet access, a speaker, mic and camera. For the best experience, a computer is strongly recommended.

We also recommend downloading Zoom before the session (you can do that [here](#) - it's free) You may also want to test your camera and sound to be sure that you are ready when class starts.

HOW TO JOIN:

STEP ONE: Click the link above or Copy and paste it into your browser (Chrome will work best) Depending on how you joined you may be asked for a personal ID.

Use this : XXX-XX-XXXX (Add meeting ID)

👉 *If this is your first time joining Zoom, it will ask you to download the app. Please do this, and follow the directions it provides you*

STEP TWO: You will see “Open this page in Zoom” ... Click “Open”

STEP THREE: Click Join With Video

Note: if you get there before XX:XX am/pm you may see the “waiting” message. That’s ok, just wait for me to open the room.

STEP FOUR: Click “Call in using internet audio”

OTHER ITEMS:

- **VIDEO:** If you tap your screen you can see icons at the bottom that will allow you to turn your video on or off.
- **SOUND:** If you tap the mic icon in the lower left it will mute you or turn your mic on. I will mute during the workout so it is not distracting to others.
If you can’t hear us: tap your screen, click the “more” button on the lower right corner. Click “connect audio”
- **TO SEE ME:** swipe your phone/tablet screen from left to right and you will see me doing the workout rather than other participants. If using a laptop or other computer, you can click the 3 dots in the upper right of my picture and choose “Pin Video”

We can’t wait to have you join us!

ADD ANY OTHER RELEVANT INFO HERE

If there’s anything you need, please reach out any time!

Your Name & Contact Info