

3 Email Outlines

For fitness coach

Email #1

Subject line: The best way to regain your confidence as a new mother

As a new mother, it's natural to feel a mix of joy, exhaustion, and uncertainty as you adjust to your new role and the needs of your child.

And it's very normal you'll feel out of shape after giving birth.

But you should never let the demands of motherhood hold you back from reaching your fitness goals.

So what are you waiting for? Click the link below and let's start on your journey to regain your sexy confidence back!

<link>

<signature/ sign off>

Email #2

Subject line: It's time to bring sexy back

Hi <name>,

Are you struggling to regain your strength and confidence after giving birth?

As a new mom, you naturally feel out of shape and unsure of how to get back on track.

I'm here to help you get your body back and feel great about yourself.

I've helped mothers like you, in rebuilding their bodies and regaining their strength in the postnatal period.

It's time to reclaim your body and become the sexy, strong, empowered woman you know you can be.

Take the first step towards a healthier, more confident you by clicking the link below.

<link>

I'll be with you every step of the way, providing support, motivation, and guidance on your journey to a stronger, healthier body.

<signature/sign off>

Email #3

Subject Line: Bye bye Fupa

Losing stubborn fat after giving birth can be a tough challenge, but it doesn't have to be.

With many easy-to-follow and fresh new workouts every day, you can get rid of your Fupa once and for all while enjoying support and motivation at every step of the way.

Gone are the days of spending hours at the gym worrying about your baby and losing motivation in the middle of your weight loss journey.

Say goodbye to repetitive exercises that you'll soon hate and hello to increased energy and a slimmer, sexier you.

So if you're ready to start feeling great and achieve your weight loss goals, click the link below.

<link>

<signature/ sign off>

