

Writing value emails for @movewithtina

https://www.instagram.com/tinamaaria?utm_source=ig_web_button_share_sheet&igsh=ZDNIZDc0MzIxNw==

Youtube - <https://www.youtube.com/@movewithtiina/videos>

Email 1-

SL - Your posture is showing that you're tired

Hey %firstname%

Do you ever catch yourself lazing around, only to feel stiff and sore when you stand up?

Well the good news is,

It only takes a few gentle stretches to start walking taller.

Without pain and strain,

And without spending hours on the floor.

You too can learn how to fix your posture quite easily.

I've created a simple 10 minute workout, which has been found useful by hundreds of other women.

Just a little effort every day for 10 mins,

And it can give you balance & stability,

Along with improved posture.

Which eventually helps you with easier daily movements.

If you'd like to learn it,

Then check out the following video.

https://youtu.be/d_V0yXtVSgE?si=zAngZah3s4h9C-YA

Talk soon

Tina :)

Email #2

SL - Why you should not avoid carbs in your diet
Carbs are just as essential as protein.
Stop treating carbs as your enemy.

SL - What makes carbs as essential as any other macronutrients.

Hey %firstname%

Isn't it amazing how carbs are the instant source of energy.

Yet people cut out carbs like they're actual ghosts that will haunt their metabolism forever.

Avoiding carbs in your diet does more harm than good.

But you don't have to make the same mistake.

I'll reveal three reasons why carbs should remain a vital component of your diets.

Here's when you shouldn't avoid carbs:

- 1- After a high intensity workout.
- 2- When you're under chronic stress.
- 3- When you're exposed to a high UV environment.

And there's two more reasons explained in detail in my free video,

Check it out below :

<https://youtu.be/-GkGntH1Zts?si=WQdmgp-v9RxwOAG7>

P.S if you want to keep yourself energetic throughout the day, then carbs are your #1 friend.

Talk soon,

Tina :)

