

**Subject line:** Spread your inspiring message about fitness and mental health

Hi Carter,

I recently came across your coaching programs and was thoroughly impressed with how comprehensive they are. I particularly like the way you stress the fact that good mental health is key to achieving one's fitness goals. As someone who lost 20lbs last year in a few months, I remember how focusing on my mental health was crucial to not only maintaining my new physique but also simply being happy.

Conveying your personal story to clients and potential clients through email campaigns would help to further spread your message and inspire readers. By providing little nuggets of wisdom in each email, your readers will be excited to read each email, thus also making them excited to work with you as their coach.

In order to give you an idea of what I have in mind, I have linked a free sample of three possible emails in the Google Doc below:

What do you think of what I have so far?

It would be great to hear your input and discuss the next steps with you. Moreover, the emails are just the beginning. I have also thought of many other ideas that we could definitely talk about. Would you be interested in a quick zoom call?

I look forward to getting even more people to begin their fitness journey with you as their coach.

I look forward to your response and wish you a wonderful day.

Kind regards,

Vishal