

Hay...

I've been following you for a while now and I really like your desire and persistence to help people be healthier by exercising and eating right.

While looking at your Instagram profile I noticed that you provide a lot of free value and help people understand the bigger picture of their own health.

And I came up with the idea of how to help you so that as many people as possible find out about your numerous programs. I'm thinking especially about the MOMS program because I think it has a lot of potential.

I actually went one step ahead and already put together a couple of posts and texts (they are attached below) that you could use as an advertisement for your online programs.

If you like what I made, I suggest we have a quick chat this week about more ways to get more people to know about you and your services.

If you are not interested, please just let me know.

Sound fair?