

## Your journey starts here

Hey (name), Thank you for signing up!

My name is Sam,

I am a doctor and diet advisor, I design personal diet programs and do online coaching.

The fact that you're here means that you are disappointed with how you look right?

Then I'm so glad you're here, you've already put one foot forward to completing the first step to changing your life.

I care deeply about my clients, and there's nothing of more value to me than helping somebody go through an experience that makes them happy, confident, and strong.

Get ready for a fitness newsletter that delivers expert tips, exclusive workouts, and nutritional insights to fuel your journey.

This is the beginning of your journey!

Talk to you Soon.

- Dr. Sam

**P.S.** If this email landed in your Spam/Promotions folder, I'd appreciate it if you moved it into your Primary inbox and added me to your contacts. Thank you.

On your computer: Drag the email from promotions tab to primary tab

On your phone:

1. Within the email, click the 3 dots at the very top right-hand corner in Gmail
2. click on "move"
3. select "primary"

