

Hi Sia

While at the gym, another member spoke highly of your content, sharing that your workouts helped them achieve their weight loss goals, he convinced me to check it out as well.

Great job on providing practical and accessible solutions for postpartum women in your recent YouTube video on healing diastasis recti at home.

Upon reviewing your Opt-in page, I noticed areas that could benefit from adjustments resulting in an increase to the number of sign-ups to your email list.

I recommend implementing an "Effective Differentiation Strategy" that leverages little-known psychological triggers to motivate readers with the fear of missing out.

Resulting in the growth of your email list.

I created this for you because I believe in the message of your brand and I think resolving this issue in people's lives will have a profound knock on effect for society as a whole.

I haven't attached the file below because I try to avoid sending unsolicited documents to people.

Would you like me to send it over?

kind regards

Leo

sent from my iphone