Subject: On Your Way to a New Shape in Only 21 Days!

[First name],

Wouldn’t it be great if you could reshape your body in less than a month?

In talking to dozens of people who struggle with fat loss, I have found out that most of them have one thing in common.

They have attempted to lose weight multiple times. They have worked work hard to eat right and exercise…but after a few weeks, they may not see instant results. Even though they’ve tried to do the right things, they don’t lose any weight. Their clothes fit just as tightly. They get discouraged and soon are right back to their old ways.

Has this happened to you?

We all know there are no quick fixes in the world of fat loss.

But I have some exciting news to share with you!

Over the past few months, I have been experimenting with some new workout programs and nutrition plans that have produced amazing results in just 3 weeks.

In 21 short days, people are reporting staggering, noticeable results. Their friends or family start to tell them that they look better. They feel better! They are seeing changes on the scale or on the tape measure.

With just a little bit of guidance…step-by-step guidance that I am going to reveal to you, people have been able to get on track once and for all.

And you can be one of them!

I’ll show you how to get started toward a lifetime of fitness. Once you see progress, it’s easier to keep going.

Interested?

Next week, look for an email from me with more detailed information. This is an opportunity to get on track once and for all that you won’t want to miss!

Talk to you soon!

[SIGNATURE]