12 Weeks to Weight Loss Success – Email Blurbs

Tip One:

Welcome to “12 Weeks to Weight Loss Success” – we have some great tips, recipes & workout ideas to share with you over the next three months. If you follow & implement these tips, by the end of 12 weeks, you will be feeling fitter & healthier than you have in a long time!

Our first tip is about removing the idea of “subtracting” items from your lifestyle in order to achieve weight loss success. Focusing on what you can’t have can lead to immediate feeling of deprivation and can make you feel resistant to moving forward. Time to look at the positive and figure out what you can ADD to your life to get you to your goals! Connect with your wellness consultant for further personal, individualized programming!

Tip Two:

Hope everyone is having a great week! This week’s tip is focused on the importance of getting and staying hydrated. Our bodies are made up of about 60% water and require regular hydration in order to perform all bodily functions. You don’t have to attach yourself to a water fountain in order to maintain hydration either – read on for some great hydration tips. Connect with your wellness consultant for further personal, individualized programming!

Tip Three:

Welcome to another great weight loss tip – this week we are looking at one of the most overlooked factors in weight loss success: a good night’s sleep! This week we will talk about why and how sleep impacts weight loss success and what you can do in order to make sure you aren’t sabotaging your efforts by burning the candle at both ends. Connect with your wellness consultant for further personal, individualized programming!

Tip Four:

Now that you’ve got some of the basics down (proper nutrition, staying hydrated and getting enough sleep), it’s time to get moving! This week we are here to talk about some exercise basics and help take some of the confusion you may feel about taking the first steps to becoming fit. Don’t worry – everyone starts at the beginning and getting started is a lot easier than you think! Connect with your wellness consultant for further personal, individualized programming!

Tip Five:

Welcome to week five! This week we have one of the easiest (and best-tasting) weight loss tips out there – eating soup! Plus you are going to get an easy & delicious recipe to prepare at home so you can implement this simple tip to help you eat less but get more vegetables into your daily diet. Enjoy! Connect with your wellness consultant for further personal, individualized programming!

Tip Six:

Congratulations – we have reached the halfway mark of this campaign! Are you feeling better and seeing results? If you’ve been implementing our tips, we bet you are! This week, we’ve got some great tips & ideas for healthy snacking. Snacking is a key component to the success of many people who have lost and maintained their weight loss – read on to find out why! Connect with your wellness consultant for further personal, individualized programming!

Tip Seven:

This week’s tip – getting friendly with fruits & vegetables! It is impossible to achieve long-term health & weight loss success without learning how to include fruits & vegetables into your diet. We’ve got tips on how to get more produce into your diet – including tips for fussy eaters! Connect with your wellness consultant for further personal, individualized programming!

Tip Eight:

Now that you have a better idea of what to eat – it’s time to think about the amount you are eating. Portion control is one of the most important lessons to learn on your road to weight loss success. Implementing the great tips in this week’s email will show you that eating less doesn’t mean starving yourself – it is possible to feel full while eating less! Read on to learn more! Connect with your wellness consultant for further personal, individualized programming!

Tip Nine:

Yes, your Mom has probably told you more times than you cared to listen but (as with many things) – SHE WAS RIGHT! Breakfast IS the most important meal of the day! This week, we’ll explain why breakfast is so important and give you some great ideas on quick & healthy options that you can have for breakfast (even if you did hit the snooze button a few too many times!). Connect with your wellness consultant for further personal, individualized programming!

Tip Ten:

We hope you have been enjoying (and using) our weight loss tips over the past 10 weeks. This week, we are taking a walk on the “weird” side….we have some weight loss tips that may have you scratching your head but that might be just the “secret weapon” you need in order to push through a current or future plateau. Connect with your wellness consultant for further personal, individualized programming!

Tip Eleven:

Welcome to week eleven! Are you feeling concerned that you can’t get a great, effective workout without investing in a gym membership or expensive equipment? This week’s tip will prove you wrong! We have a great beginner’s circuit workout to share with you without spending a lot of money! Read on to learn more. Connect with your wellness consultant for further personal, individualized programming!

Tip Twelve:

Can you believe it’s been three months already? We hope you have enjoyed this campaign and more importantly, we hope that you have been inspired to implement these changes into your life and have seen some results! To wrap things up, we want to give you some advice on how to maintain your new lifestyle going forward and how to avoid falling into the “re-gain” trap that so many people find themselves in after achieving some weight loss success. Keep up the amazing work! Connect with your wellness consultant for further personal, individualized programming!