

Dear [name]:

Do you have a personal or professional goal that has eluded you? Or maybe you need to transition from one career to another, but you are just not sure where to begin? Whatever your needs, whether you face business challenges, are in the midst of changing your life, or are already a high achiever, *we know you can accomplish more* and we want to be a vital resource for your growth.

I would like to invite you to join my BodyLife Dynamic Monthly Newsletter, where you will gain insightful tips and personal advice from me every month. The newsletter offers monthly coaching information related to your health and personal and professional well being that can help you on your way to planning, reaching, and exceeding your own personal and professional goals.

This free newsletter is designed with our [Seven Dimensions of Wellness](#) in mind, specifically developed to meet your unique needs. The newsletter signup is simple; you can subscribe right now using the form below, or visit our website and sign up there.

I know your time is important so I won't go into further details in this message; when you are ready, visit our website for more information on the [Seven Dimensions of Wellness](#), my coaching approach, some [success stories](#) from previous clients, or for more information about the [services](#) I provide groups, agencies, and individuals.

BodyLife Dynamics is developed around the concept of solutions; with a *unique blend of coaching, training, and wellness* clients are taught a balance that helps them respond to challenges, rather than to react in unhealthy ways that will affect their work and personal life. We want to be a part of your positive response to life, and this free monthly resource is one way we can begin achieving that goal.

Thank you, for being a part of our future, and considering yours.

Sincerely,
Monique Rider

[handwritten signature here]

President, BodyLife Dynamics, LLC