
Test Message - It's Time To Feel Good Again

1 message

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Reply-To: Mitch@castrovalleyfitness.com

To: mitch@castrovalleyfitness.com



It's Time To Feel Good Again

This has been a heck of a year, but isn't it time to do something that helps you feel more like you?

You know the toll the last seven months has taken both mentally and physically. Everyone has felt it and it's been hard finding a way out.

You feel down, which leads to being less active, which leads to aches and pains which leads to feeling down. Does this sound familiar? It's tough fighting your way out of this cycle. It's difficult even doing things you know are good for you.

It feels like you have such a long way to go.

We know how it feels. This has hurt us, too. A lot. Every day. How do you move forward? I think we can help. Let me explain how.

How To Move Forward

How do you get out of this?

Do *One Thing*.

That's it.

Do *One Thing*.

Doing *One Thing* will make you feel better. It will let you know it's possible to still be you and also move closer to who you want to be. It will make you feel better. It will give you confidence you'll be able to move forward and that will give you the strength to do one more thing.

Let Us Be That *One Thing*

One of our foundational beliefs at Castro Valley Fitness is how important that *One Thing* is.

One Thing that will get you moving again.

One Thing that will get you feeling like you again.

One Thing that will bring you into a supportive



community of people like you.

One Thing that will give you a plan to move forward.

Let us be that *One Thing* for you. Now that we have been allowed to reopen (under pretty strict guidelines) we have a very limited number of spots available for new members. (No kidding, the new regulations mean we had to cut our capacity by more than half.)

How We Can Help

The thing we do best at Castro Valley Fitness is meet you where you are. You are coming from a different place and we see that. You will get an exercise program that is written for you, based on your goals and condition. We do not expect you to fit into any other category than your own. You don't have to be in any specific kind of shape to be here.

You will get a nutrition coaching session that is about you and it will be a lot more than just handing you a "chicken and broccoli" meal plan.

We are offering our first month of membership *for new members only* at only \$119 (that's \$80 off)!

That includes:

- A one-on-one Success Session to talk about you and what you want out of your sessions
- Two sessions per week

- A one-on-one nutrition coaching session

We're offering this only to the next 5 people who contact us. I hope you are one of them!

You can simply reply to this email or call me at 510-755-9191 to get started.

We will take good care of you.

Mitch Rothbardt

[Castro Valley Fitness](#)

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This message was sent to mitch@castrovalleyfitness.com from Mitch@CastroValleyFitness.com

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