*Email 2*

Subject Line V1: Getting a toned summer body isn’t rocket science

Subject Line V2: How to get a summer body & keep it

Did you know,

that the secret method to securing a summer body 365 days a week,

is literally within your grasp?

It’s just one click away.

and it has nothing to do with weight loss myths that only take you further away from your goals.

Myths like “starving yourself is the fastest way to lose weight.”

Nothing could be further from the truth.

By denying your body food, the opposite will happen.

Sensing that it is not getting the supply of food that it usually gets on such a diet,

the next time you eat, your body will store up most of the fat so that it has enough nutrients to

 keep your body functional until your next meal.

Forget these counter-productive diet tricks,

when you can access a 100% healthy weight loss regimen that’ll guide you to your desired

 weight in the healthiest way possible:

* How to incorporate fiber into your diet
* The right time in your day to consume fat and carbohydrates
* The best food sources to secure your daily intake of protein
* Balancing micro and macro ingredients
* Distributing your maximum caloric intake across meals
* Building customized meal plans to compliment your lifestyle

And of course the ultimate workout plans to get you that permanent summer body.

Discover the answers here.

Cheers,

{Insert Company Name}