

NOTE:

I created this welcome email series independently, without any commission.

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Email #0: Standalone email on how to access the lead magnet

SUBJECT LINE:

Congrats, [First name]! Your journey to beating stress begins now!

Hey, [First name]!

Congratulations for taking the first step to optimize your physical fitness!

You can now access [Power Surge](#).

Here's what you'll get in this FREE program:

- **Workstation Wellness**

Relieve Stress with Bite-sized Desk Exercises

- **Instant Energy Activation**

Ignite a Burst of Vitality with our High-Intensity Interval Training (HIIT)

- **Wellness Vault Unlocked**

Amplify Your Well-being Using Our Exclusive Workout Resources

[ACCESS POWER SURGE](#)

Best Regards,
Chris

P.S. Ready to take your fitness journey to the next level? Check out [ResilienceMax Pro.](#)

Tailor your workouts to your preferences and goals.

And enjoy a built-in accountability system that keeps you motivated.

[Learn more here.](#)

Email #1: Welcoming the new lead

SUBJECT LINE:

Welcome to EnergizeFit, [First name]!

Hey [First Name],

Welcome to **EnergizeFit**—a community of driven individuals like you. We aim for a harmonious blend of a **thriving business** and a **healthy, fulfilling life**.

Congratulations for joining us! We're here to support you every step of the way.

We know that managing a bustling business comes with its own set of challenges:

- the non-stop hustle,
- tight schedules, and
- juggling personal and professional life.

It's no small feat.

But hey, you're not alone in this.

It's a familiar story for many of us here. This situation often leads to challenges in maintaining physical health.

The good news is you've taken the first step.

And **we're here to help you transform those challenges into triumphs**.

For starters, follow me on these platforms so you get access to all the free workouts and wellness tips I share!

- **[YouTube Videos](#)**: Get quick workouts, wellness tips, and motivation to keep you going.
- **[Instagram Inspiration](#)**: Receive daily doses of inspiration and get access to interactive content.

- **[Facebook Community](#)**: Connect with like-minded individuals and get exclusive content and challenges.

Feel the positive energy already? We're excited to have you on this journey.

Reply to this email and let us know what aspect of wellness you're most interested in. Workouts, nutrition, or mindfulness?

I'll make sure you receive more helpful resources tailored to your preferences.

To a healthier you,

Chris

Founder, EnergizeFit

Email #2: Sharing the company's mission

SUBJECT LINE:

What pushed me to create EnergizeFit

Hey [First Name],

I've got a personal story to share.

Back in the hustle-and-grind days, I was your typical workaholic entrepreneur.

I was chasing success non-stop.

I thought the more hours I put in, the faster I could grow my business.

The result? Neglected health, no time for self-care, and a ticket to Burnout City.

One day, **my body had enough.**

Hospitalized and forced to pause, I realized the toll my lifestyle had taken.

It was a wake-up call. **Something had to change.**

The recovery journey wasn't easy. But I was determined.

I paid attention to what I eat. I learned everything I could about health and fitness. I made exercise a regular part of my life.

Little by little, I transformed. I became the **healthiest, happiest version** of myself.

And guess what... **My business had a positive transformation too!**

As I pay attention to my well-being, I found increased focus, energy, and resilience.

It brought a newfound vitality to my work. My business thrived alongside my own well-being.

Now, I'm on a **mission to guide busy entrepreneurs like you on your transformation journey.**

I get it. The long work hours, the back-to-back meetings – it's a story many of us share.

But here's the deal: your health matters. Your well-being matters.

Let's rewrite your story together.

From burnout to boundless energy, from stress to strength. That's what EnergizeFit is all about.

And to keep you on track in your transformative journey, try these free workouts that you can easily squeeze in your schedule:

- **[Endurance Boost Workout:](#)** Dedicated to improving stamina through a variety of cardiovascular exercises
- **[Strength Ignition Workout:](#)** Features body weight exercises targeting major muscle groups
- **[Flex & Flow Mobility Workout:](#)** Incorporates yoga, dynamic stretching, and mobility drills. The goal is to enhance your range of motion and joint health.

That's all for now. Enjoy your workout!

To your wellness journey,

Chris
Founder, EnergizeFit

Email #3: Providing a solution to a problem

SUBJECT LINE:

I'm sure you can relate to this

[First Name],

Running a business can be taxing. Agree?

Ensuring seamless delivery for your clients, managing finances with precision, and leading your team effectively. It's a lot to handle.

If you have all these on your plate, being in great shape becomes crucial.

Having enough energy and stamina will help you do what's necessary. This is especially true in times of emergency.

Let me share my experience.

It was that crazy end-of-year grind.

Project deadlines piling up. Reports flooding your desk. Annual plan for the succeeding year in the works.

I was in the zone. My team was beating one deadline after another.

Then, BAM! An unexpected wildfire erupted.

A supply chain disruption of epic proportions.

Imagine this: crucial deliverables hinged on a supplier who suddenly faced insurmountable challenges. They left us high and dry.

I found myself coordinating with new suppliers across time zones.

At the same time, I had to re-calibrate project timelines with clients who were depending on us.

This ordeal kept me on my toes.

Yet, amidst this chaos, I had the vitality and mental clarity needed to steer through the storm. **I wasn't stressed at all!**

How come? Well, **my fitness routine emerged as the unsung hero.**

You see, amidst the busy schedule, I took care of my health.

I eat well. I get enough rest. I exercise regularly.

And it's not just any kind of exercise.

I built an exercise routine that ensures my whole body benefits.

Each week, I made sure to get enough of the four types of exercise. I allot time for strength and resistance, endurance, balance, and flexibility training.

Aside from this, I incorporated mind-body exercises. They enhanced my focus, clarity, and resilience.

I felt massive improvements in a short period of time.

It was as if I was stress-proof!

I knew I stumbled upon something extraordinary. And **I wanted to share it with other entrepreneurs so that they too could reap the benefits.**

That's why I created [ResilienceMax Pro](#).

In this program, you'll get easy-to-do workouts that will help you:

- build strength,
- enhance endurance,
- maintain balance, and
- foster flexibility.

Additionally, you get to practice mindfulness techniques, breathwork and gentle movements. These can:

- help you get better sleep quality,
- improve your concentration, and
- enhance your emotional well-being.

And to keep you motivated in achieving your fitness goals, you'll become a part of the Thrive Together Hub. This is an **exclusive group of entrepreneurs** dedicated to improving their health.

Connect with like-minded individuals on a shared wellness journey.

Engage in friendly fitness competitions that drive everyone closer to their fitness goals.

Ready to transform your health and supercharge your productivity? [Sign up to ResilienceMax Pro here.](#)

-Chris

P.S. Be sure to apply the code **HEALTH10** for a 10% discount.

It's my way of thanking you for joining the EnergizeFit community.

[Click here to enroll in ResilienceMax Pro now!](#)