



A Wellness Copywriting / Content Creation Client, Krystal - Social Media, Sales page, and Email marketing copy

ATTENTION all women who want to stop dieting for good + heal their relationship with their body & food:

I am BEYOND excited to announce that my new 8-week 1:1 mentorship program Body Love Breakthrough is LIVE FOR PRE-SALE through Wednesday!

Body Love Breakthrough is for the woman that:

- Wants to regulate her weight but is fed up with trendy diets that don't work
- Feels uncomfortable in her body and wants to feel CONFIDENT in clothes and swimsuits
- Needs help knowing what to eat (while still enjoying food and not making it complicated)
- Is ready for a simpler approach to building her dream body

Inside the program, we'll spend 8 full weeks breaking down core topics like:

- Ditching diet culture
 - Self worth and confidence
 - Building a badass metabolism
 - Exercising for fat loss AND enjoyment
 - Having FUN on your wellness journey (i.e. eating out, drinking, and travelling)
- + so much more!

A recent client of mine graduated from the BLB method with these transformations to show for it:

- She's eating balanced meals daily (even with her busy work schedule)
- Her exercise routine is custom to her schedule AND body goals
- Her clothes fit effortlessly
- She loves her body and HERSELF.

Sound like something you need to add to your 2023 wellness journey? You're in luck:

We are in PRE-SALE now through Wednesday - apply at the link in my bio to receive 2 intensive 1:1 calls with yours truly during your time inside BLB -

This is your ONLY opportunity to add additional 1:1 coaching to your BLB programming - details + application are linked in my bio!