Subject: If she can do it, YOU CAN!

How old are you?

Okay, you don't actually have to answer that.

I bet you aren't 89 years old.

Why is that important? Well, check out this inspiring video...

===> https://www.youtube.com/watch?v=nv2yRqwt0SA

No matter how old you are or how out of shape you are, you can always get your life on track. This wonderful woman proves that you really can accomplish anything!

Give this video a watch any time that you feel like you can't do it. It's very humbling...

https://www.youtube.com/watch?v=nv2yRqwt0SA

I mean really...how cool is that!?

Subject: Blast that belly fat

The biggest focus for most people (not only women) when it comes to weight loss is that stubborn belly fat.

It seems like no matter what you do and how much weight you lose, it just sticks around and won't go away...

CHECK THIS OUT...

http://healthyliving.azcentral.com/exercises-older-women-lose-stomach-6557.html

This article will give you some simple tips that could make the difference between a flabby belly and a stomach that is ready for the beach!

It's a super quick read and it's got some really good info.

Give it a read here...

http://healthyliving.azcentral.com/exercises-older-women-lose-stomach-6557.html

Let me know what you think!

Subject: Lose the weight in only 21 days...

Let me create a scenario for you...

You have your high school reunion coming up. You haven't seen these people in about a decade and you want to look amazing.

You know the perfect dress, but you haven't tried it on in a while. When you do, you realize the zipper won't go up all the way. Darn!

What are you going to do?

Well, check this out...

===> http://www.3weekdiet.com/?hop=0

This AMAZING program can help you to drop as much as 23 POUNDS in 3 WEEKS! That's insane!

I couldn't believe it until I watched this FREE video...

===> http://www.3weekdiet.com/?hop=0

It's going to blow you away. They've really discovered a secret to weight loss that most people have only dreamed of.

YOU can learn this secret. Watch the video...

http://www.3weekdiet.com/?hop=0

It could change your life.

Subject: Looking for a great routine?

Putting together the perfect workout routine can be difficult—especially if you are new to exercising or just haven't done it in a while.

Add a few extra years on there and you may be at a loss as to what will work for you and even where to start...

I recently read this really informative article that I believe will help you get on the right track!

===> http://www.idiva.com/news-health/10-best-exercises-for-older-women/19666

This article lays out 10 exercises in detail that you can do, even in your advanced years, to get your body feeling like it is ten years younger!

I personally already do these exercises and I'll tell you from experience...they work!

Give it a read today and implement these exercises the next time you hit the gym.

http://www.idiva.com/news-health/10-best-exercises-for-older-women/19666

Let me know what you think!

Subject: This will BLOW YOU AWAY

WOW!

Talk about next level.

I just watched this video and I couldn't believe what I saw. This woman is 74 years old and she looks like she's in her twenties!

WATCH THIS:

https://www.youtube.com/watch?v=eae3\_LDysY8

I know that not everyone wants to be a bodybuilder, but it's really cool to see what this woman was able to accomplish, especially in her seventies!

Most women at that age are settling into their chairs and only moving around to get food or go watch TV. This woman is pumping iron and showing the younger women at the gym how it's done.

Really, check THIS VIDEO OUT...

===> https://www.youtube.com/watch?v=eae3\_LDysY8

If this doesn't inspire you, I don't know what will...

Subject: The secret to melting those extra pounds...

We all have that extra bit of weight that we want to lose, but just *won't come off*.

It seems like no matter what you try, that last 20 pounds clings on and just won't go away...

Well, you don't have to fret anymore, because there is a solution that I know you are going to love!

Check out this FREE VIDEO:

===> http://www.3weekdiet.com/?hop=0

The secret to extremely fast and efficient weight loss is one click away....

I know it's hard to believe. I know that if I told you that you could lose 10-20 pounds in 3 weeks you probably wouldn't believe me.

That's why I want you to watch this FREE video right NOW!

===> http://www.3weekdiet.com/?hop=0

It can make that extra difference that you've been craving and it's the solution that you've been waiting for...

Check it out NOW...

http://www.3weekdiet.com/?hop=0

Subject: Fitness for ANY age, with Jane Fonda!

I just stumbled upon this awesome video today!

It's a full, 25+ minute workout routine that you can do FROM HOME for FREE, featuring the one and only Jane Fonda!

Give it a watch...

===> https://www.youtube.com/watch?v=\_UabUNrjSE4

The cool thing about this video is that you can do it at any age! It's very low impact, but it gets your sweat going.

I know what I'm going to be doing for a workout tonight!

Watch a little bit and see if it's a good workout for you...

https://www.youtube.com/watch?v=\_UabUNrjSE4

Get your sweat on!

Subject: Why is fat loss harder for women?

I know a lot of you ladies out there have a male friend, boyfriend or husband who has decided to lose weight and it seems like, overnight, they are 20 pounds lighter.

It's not fair!

So, why is this? And more importantly, how can you lose weight just as quickly and efficiently?

Check this video out...

===> http://www.venusfactor.com/welcome/

You can drop up to 3 dress sizes in around a week, using what's contained in this video.

I know, it sounds crazy...but it's real.

You can check it out for yourself by CLICKING HERE:

===> http://www.venusfactor.com/welcome/

Stop driving yourself crazy trying a bunch of things that don't work and stick with a fat loss program that has been proven to work again and again.

This video can change your body in ways you wouldn't even imagine.

It's time to get your sexy back!

http://www.venusfactor.com/welcome/

Subject: Do you want to look 10 years younger?

I just stumbled upon this article that rocked my world!

A lot of the info really changed the way I think about dieting. If I would have known all this when I first started working on losing weight, I know it would have sped up the process and helped me enormously.

Give this a read RIGHT NOW:

===> http://oldschoolnewbody.com/5steps?utm\_expid=72704861-3.FnUqcYBZQlm2SLLjQMR4aw.0

Everyone is looking for the fountain of youth and I think this article may have the secret within it.

I feel younger just READING it.

In all seriousness, though, it's a really cool article that you MUST read.

Read it NOW:

===> http://oldschoolnewbody.com/5steps?utm\_expid=72704861-3.FnUqcYBZQlm2SLLjQMR4aw.0

Let me know what you think!

Subject: The PERFECT workout for seniors

As you age, it can be harder and harder to find a workout routine that works for you.

It seems like most workout routines are focused on people who are younger and a lot of the time ALREADY fit.

It can be frustrating to try and keep up with a workout that is beyond what you are physically capable of.

Well, I think I found a solutions...

https://www.youtube.com/watch?v=K727ao6Kjr4

This 15 minute workout rocks!

Even better, it's something that ANYONE can do, even seniors.

Just because you are a little more advanced in age, it doesn't mean you should let yourself go. Keep yourself feeling young and try this out...

https://www.youtube.com/watch?v=K727ao6Kjr4

You can do it!

Subject: Check out these awesome fitness tips

I just read this article with some awesome fitness advice for mature women who are looking to get back in shape, without causing too much strain or injury.

Really, these tips are good for anyone getting in shape.

Read them HERE...

http://www.womenshealthandfitness.com.au/fitness/workouts/1312-5-fitness-tips-from-rita-catolino

Rita Catolino is a top fitness trainer and she knows what she's talking about.

I always tell people to listen to their body and take their time to get in shape. She outlines it perfectly!

Click here...

http://www.womenshealthandfitness.com.au/fitness/workouts/1312-5-fitness-tips-from-rita-catolino

...and give it a read today.

Subject: This video BLEW ME AWAY

Everyone is looking for the secret to weight loss.

Every woman who has weight to lose looks longingly at dresses they either can't get into or can no longer wear.

Well, I want to let you in on a secret.

This secret could CHANGE YOUR LIFE.

Are you ready?

CLICK HERE:

===> http://www.venusfactor.com/welcome/

This video may fundamentally change the way you think of weight loss.

Women's weight loss can be very difficult. That's why it's important to find a program specifically designed for women, that is effective and affordable.

Watch this FREE video...

http://www.venusfactor.com/welcome/

You'll be very surprised by what you see...

Subject: Get into that bikini in time for summer

We all want that perfect bikini body.

The good news is that you can get it, even later in life.

The trick is that you have to focus on more than exercise...you have to focus on diet as well.

What you eat will determine, in large part, how much fat you have on your body. Exercise alone just isn't enough.

So, what should you eat?

Check this out!

===> https://www.youtube.com/watch?v=7\_7f8pnIazE

Sure, the women are younger, but they still have some great tips.

You can eat delicious food and still lose weight in time for summer!

CLICK NOW...

https://www.youtube.com/watch?v=7\_7f8pnIazE

Let me know what you think!

Subject: Fitness over fifty

Let's face it, your body is going through changes.

As we get older, things don't work the way they used to and doing something like getting in shape is a lot harder than it was in your twenties.

It can be frustrating to do what you used to do and not get the same results.

It's time to adjust. It's time to accept your body for what it IS and not what it was.

Give this a read...

http://www.sheknows.com/health-and-wellness/articles/1019685/fitness-tips-for-women-working-out-over-50

You can still get into shape after fifty, but the process may be different. Don't give up and don't let your age dissuade you. You can still do it!

Check out these tips for getting fit over fifty...

http://www.sheknows.com/health-and-wellness/articles/1019685/fitness-tips-for-women-working-out-over-50

I really think they're going to help you.

Keep at it!

Subject: You won't believe this...

There's this video that you need to watch. It's going to blow you away!

This video is going to show you how YOU can lose 10-20 pounds in 3 weeks! That's right, YOU. Sitting right there, reading this.

I know it's hard to believe. That's why you have to watch this FREE video for yourself...

http://www.3weekdiet.com/?hop=0

Whether it's those last stubborn pounds or the first step in your weight loss journey, this program is going to help you lose weight and lose it FAST.

CLICK HERE...

http://www.3weekdiet.com/?hop=0

...and start losing the weight TODAY.

Subject: Take the first step

Staying in shape is usually pretty easy.

As long as you stick to your regimen, eat properly and don't sustain any injuries, you'll continue to maintain a healthy body and even see more growth over time.

Getting started, on the other hand, can be difficult.

I know that taking the first step can be challenging. It's not even that the workout is difficult...you can start with something as simple as going for a long walk.

The tough part is getting mentally prepared to push yourself and moreover to make a change.

The only way to make this change is to get out there. The only way to achieve your goals is to take the first step. This may mean literally, since you are working to get back in shape!

You can do it, you just need to get the momentum going. Once the ball gets rolling, it will be easier to keep it rolling than to get it started.

Take a slow first few steps and allow yourself to get used to the idea of getting in shape. Once you get going, then you can take it up to the next level!

Subject: What YOU should be eating

Most people don't think about it, but there are fundamental difference in men's and women's health...including the food that they should eat.

Check this out...

===> https://www.youtube.com/watch?v=B9FTDqDA\_oU

I found this quick video very interesting. I hadn't really put much thought into the difference between a male and female diet before watching it.

This video will give you some great tips to eat properly for your gender.

Click HERE:

https://www.youtube.com/watch?v=B9FTDqDA\_oU

It's only a couple of minute, but it's full of great information!

Let me know if it helps.

Subject: What does YOUR morning look like?

How you start the day can help to determine the direction of the rest of your day. That's why I always focus on having a good morning routine.

So, what does YOUR morning look like?

I want to share mine with you not to shame you, but to give you a point of comparison. See what you do the same and what you do differently.

- I get up at 7 AM on the dot.

- I do a series of morning stretches.

- I make my bed.

- I brush my teeth, put on face cream and floss.

- I eat a health breakfast, like Greek yogurt and fruits.

-I go for a light jog.

- I take a shower.

- I get dressed for the day.

I find that this routine works for me.

Is your routine working for you?

Let me know.

Subject: It's important to dream

We all have rough days.

Sometimes, it can feel impossible to get up and out of bed or peel ourselves off of the couch to get what we need to get done for the day.

Sometimes it's because we are depressed. Other times, we are simply feeling lethargic.

That's why I have this video ready for rainy days...

===> https://www.youtube.com/watch?v=g-jwWYX7Jlo

We all need motivation sometimes. This video gives me that spark of inspiration that gets me out of bed or off the couch and into the real world.

No one is perfect, but it's only when we dream and work towards those dreams that we succeed.

WATCH THIS...

https://www.youtube.com/watch?v=g-jwWYX7Jlo

...and get a good start on your day!

Subject: This is ONLY for WOMEN

I want to share a secret with you.

This secret is ONLY for WOMEN. It won't benefit men at all, but it could **change your life**.

Do you want to know the secret?

CHECK OUT THIS FREE VIDEO:

===> http://www.venusfactor.com/welcome/

One of the top fitness coaches in the world is ready to tell you the secrets to great fitness. All you have to do is click on the link...

http://www.venusfactor.com/welcome/

...and you can be on your way to losing those stubborn pounds and reclaiming the body that you deserve.

I know it can be tough to lose those pounds. That's why you need the help of an expert.

Give THIS A WATCH...

===> http://www.venusfactor.com/welcome/

I think it'll blow you away...

Subject: Start cutting that weight TODAY

It can be hard to drop those pounds after a certain age. I found that once I hit 40, it was like my body hit a wall!

It just didn't respond the way it used to and I got so frustrated. I wondered if there was something wrong with me or if I just wasn't doing it right.

The truth is, once you get a little older, your body just doesn't function the same way it used to.

Check THIS VIDEO out:

https://www.youtube.com/watch?v=r429JkrYshw

It can really simplify the weight loss process, *especially* for those women over 40.

It's chock full of useful advice that you can start putting into practice TODAY.

Give it a quick watch HERE:

https://www.youtube.com/watch?v=r429JkrYshw

It's full of great information!

Subject: PROOF of fitness over 50

You may have trouble believing that you can look vibrant and your body can look tone and beautiful over the age of 50.

I want you to know that you CAN...

and here's the proof.

http://wellandgood.com/2012/05/04/50-and-fabulous-these-7-women-prove-that-fitness-is-the-fountain-of-youth-2/

Give this a quick read.

These women are looking fabulous, feeling vibrant and most of all, they are doing it above the age of 50!

Find out their secrets and allow yourself to be motivated by their hard work.

Read this TODAY:

http://wellandgood.com/2012/05/04/50-and-fabulous-these-7-women-prove-that-fitness-is-the-fountain-of-youth-2/

It's worth your time.

Subject: Blast those ABS

It's time to start toning those tummy muscles!

Yes, even over 50, you can have an amazing, flat stomach that will make girls half your age jealous.

So, how do you do it?

Check out this FREE video:

https://www.youtube.com/watch?v=MTw2h5Ij07E

These are killer exercises that you can do AT HOME and bring down that belly flab to leave an amazing, beach ready belly.

The best part is, these exercises are easy enough that even a beginner can do them!

Give this routine a shot TODAY:

https://www.youtube.com/watch?v=MTw2h5Ij07E

Feel the burn!

Subject: Sleek back over 50

To continue on with the previous email about belly exercises, here is an amazing video to help you tone your back!

https://www.youtube.com/watch?v=hZGro1aTAHg

A lot of women forget to work their back, which leads to a nice body with a disproportionate back.

Back exercises also help with upper body strength, posture and keeping yourself fit into your later years.

You should be working your back and this video gives you a series of back exercises that you can be doing *right now* from home.

Give it a watch today...

https://www.youtube.com/watch?v=hZGro1aTAHg

...and start sculpting the perfect back.

Subject: Believe it, achieve it

A lot of what you can accomplish comes down to what you believe.

It's hard to achieve your goals if you don't believe in yourself and you don't believe that what you are working towards is possible.

I want you to know that you can achieve all of your goals, but no amount of me repeating this is going to do any good if you don't believe it yourself.

Your negative, toxic beliefs are holding you back from achieving success. Start rooting these beliefs out and changing them today.

You won't be able to make the progress that you want to make unless you first believe that it is possible.

Start believing and start achieving!

You can do it!

Subject: This diet is INSANE

This diet could change your life.

Once you watch the video I am posting the link to below, you may get a little aggravated. Not at the video or the diet program, but that this has been kept a secret from you for so long.

This video is full of information that the diet industry doesn't want you to know, because it would put them out of business.

Are you ready for some crazy, life-changing information?

CLICK HERE:

http://www.3weekdiet.com/?hop=0

What you're going to see is going to blow you away.

Why hasn't anyone ever brought this secret to light? Maybe because it's just TOO effective.

Whatever the reason, YOU can benefit.

Watch this FREE video:

===> http://www.3weekdiet.com/?hop=0

Be prepared for some world shattering information.

Subject: Here's a FULL routine

I want to give you an early birthday present.

I found this video of a full, 1 hour routine that you can do FROM HOME for FREE.

The video itself is a little low-res, but the workout is still 100% solid!

Get your sweats on and check THIS out:

https://www.youtube.com/watch?v=HLauKJ6W0K0

You are going to feel the burn from this video. Make sure to take it at your pace and if you need, take a break here and there.

I know you'll be able to handle it, though. You're a CHAMP!

Once again, that video is HERE:

===> https://www.youtube.com/watch?v=HLauKJ6W0K0

Have a good workout!

Subject: SKYROCKET your metabolism

It's time to take your fat burning to the NEXT LEVEL.

I know you may have been struggling to get results, but I know a way that you can start dropping those pounds instantly.

Do you want to know the secret?

CLICK HERE:

http://www.3weekdiet.com/?hop=0

This video is pretty amazing.

A leader of the fitness industry is going to walk you through his incredible program and it will change the way you think about dieting!

WATCH IT HERE:

http://www.3weekdiet.com/?hop=0

Let me know what you think!

Subject: 12 tips to cut those pounds

I just watched an amazing video that I knew I had to share with you.

This video outlines 12 tips that are going to help you to lose that weight safely and quickly.

Watch the video HERE:

https://www.youtube.com/watch?v=bymcXkwhVqM

I'm not going to lie, some of these tips I haven't used in a while and as soon as I watched this video, I started wondering why I haven't.

They're so effective!

Watch this TODAY:

https://www.youtube.com/watch?v=bymcXkwhVqM

It's going to change the way you eat!

Subject: You should be juicing

No, I don't mean steroids.

YOU should be taking in a daily supply of superfoods and the fastest and easiest way to go this is through juicing!

Juicing allows you to get all of your nutrients for the day in a fast, easy and delicious way.

Check this out:

http://www.organifi.com/2-classic-cb/

This website will help to outline the benefits of juicing in a simple and quick way, as well as outline some of the veggies, fruits and spices that you should be juicing with.

Give it a quick read TODAY:

http://www.organifi.com/2-classic-cb/

I know juicing will help you to feel better, feel more energized and boost your fat loss to the next level!

Subject: This article is a MUST READ

I know I've posted this article before, but I want to MAKE SURE that you've given it a read.

The information in this article is solid. I know it's going to help you with your weight loss efforts and I am so confident, that I'm asking you to read it again or read it for the first time if you haven't already.

READ THIS NOW:

===> http://oldschoolnewbody.com/5steps?utm\_expid=72704861-3.FnUqcYBZQlm2SLLjQMR4aw.0

There are some really powerful fat burning tips in this article and best of all, it is written for people of a mature age.

You can seriously start looking 10 years younger if you follow the tips in this article.

Don't put it off and don't skip this article.

READ IT NOW:

http://oldschoolnewbody.com/5steps?utm\_expid=72704861-3.FnUqcYBZQlm2SLLjQMR4aw.0

I know it'll help.

Subject: Time to work that lower body

I found this killer workout to help you tighten your bum, work your hips and harden your thighs.

Are you interested in checking it out? Of course you are!

Watch THIS:

===> https://www.youtube.com/watch?v=ec1YXS3ca4E

This is a FULL WORKOUT routine to strengthen your lower body and have you looking years younger.

The best thing is, you can do this workout with limited space, even in your living room! It also doesn't involve a bunch of expensive equipment.

Start stretching and throw on this video NOW:

https://www.youtube.com/watch?v=ec1YXS3ca4E

Subject: Crossfit over fifty?

By now, you've probably heard of crossfit. You've probably also heard about how brutal it can be!

Sure, it tears fat from your body like crazy, but it isn't meant for older women, right?

Well, that may not necessarily be the case.

Give THIS ARTICLE A READ:

http://www.prevention.com/fitness/strength-training/crossfit-women-over-50

YOU can start adding one of the most effective workout regimens to your arsenal even in your later years, using the tips in this article.

If you want to know what you can do to get involved in crossfit and what the benefits are, give this a read TODAY...

http://www.prevention.com/fitness/strength-training/crossfit-women-over-50

It's got some really cool info!

Subject: Interested in Pilates?

Pilates is an amazing exercise that can strengthen your body in a variety of different ways.

Before you spend a bunch of money on a class, though, you can check out this FREE video of Pilates for older women and see if it's for you...

https://www.youtube.com/watch?v=ooWPm9vsGTE

I gave it a shot and I enjoyed it a lot!

Even if you just want an extra workout for your routine, this video is perfect for you. It's going to help keep your body flexible, as well as keeping your body strong and relaxing you.

Give it a shot TODAY...

https://www.youtube.com/watch?v=ooWPm9vsGTE

...and tell me how it works out for you.

I think you'll enjoy it!

Subject: Eating after 50

There is a lot that goes into putting together a meal plan.

Not only do you have to make sure that you are getting a good amount of nutrients, but you also have to worry about portion control and making sure that you are eating well for your age and sex.

With all of these considerations, how can you be sure that you are eating right?

Check out this website:

https://www.nia.nih.gov/health/publication/healthy-eating-after-50

Talk about comprehensive!

The National Institute of Aging is a part of the U.S. Department of Health and Human Services and they have put together an excellent resource that you should be using.

If you are over 50, you should GIVE THIS A READ TODAY...

https://www.nia.nih.gov/health/publication/healthy-eating-after-50

Trust me, it's super helpful!

Subject: Weight loss breakthrough

What if I told you that you could lose 3 dress sizes?

How about that you could lose those 3 dress sizes and still eat amazing, tasty food?

Well, you can...

I want to let you in on a secret. Not a lot of people know this, because the weight loss industry doesn't want you to know...

This is a secret that can help you melt those pounds off in no time.

Are you ready?

CLICK HERE:

===> http://www.venusfactor.com/welcome/

This free video just might change your life.

I know you think that you've been there done that. What could this video possibly have that you haven't seen before?

You'll be surprised, trust me...

CLICK NOW:

===> http://www.venusfactor.com/welcome/

...and learn the secret.

Subject: Start your healthy lifestyle TODAY

It's never too late to get healthy!

I want to show you an awesome video that I know will get you going in the right direction to living a healthier lifestyle.

Remember, there's more to staying healthy than working out and dieting.

This video gives you some solid tips that will not only help to take the weight off, but also help keep you youthful and vibrant.

Check this out...

===> https://www.youtube.com/watch?v=0aNNYEUARAk

You can start implementing these changes today.

What are you waiting for?

https://www.youtube.com/watch?v=0aNNYEUARAk

Subject: Small choices, BIG changes

Every choice that you make matters. It may seem small and insignificant, but you are affecting your future with everything you do.

That's why you should always consider making the healthier choice, when the options are presented to you.

There are a lot of decisions that you make in your everyday life that you may not even consider.

Here are a few choices that you may be making and what you can choose instead...

* The escalator
  + The stairs
* Soda at the vending machine
  + Water
* A cheeseburger
  + A turkey burger
* Eating out
  + Cooking at home

There are LOADS more, but I wanted to give you a few solid examples.

Changing the little things will end up making BIG changes in your life.

Make sure each decision matters!

Subject: STOP binge eating

I want to take a moment to discuss something really important...binge eating.

Binge eating is a real disorder. Eating disorders affect millions of people and they are serious business.

While you MUST consult a doctor to help you handle this issue, I believe this video will help you out a bit...

https://www.youtube.com/watch?v=uFuOEA0oKWY

A lot of eating issues come from a negative perspective of the body and body dysmorphic disorder.

I believe this video will help to show that you are not alone.

Check it out...

https://www.youtube.com/watch?v=uFuOEA0oKWY

I really hope it helps!

If this sounds at all like you, please make sure to consult with a doctor.

Stay healthy.

Subject: 10 top tips for staying fit

I like to keep fitness simple.

That's why I like watching videos on fitness that are simple, but full of awesome information that can help to change and influence the decisions I make.

Videos like THIS ONE:

https://www.youtube.com/watch?v=nvrParR4D\_Q

This video has 10 life-changing tips that will leave you nodding and excited to implement change.

They are simple, easy to follow and will help you to make a difference in your life TODAY.

CHECK IT OUT:

https://www.youtube.com/watch?v=nvrParR4D\_Q

Take notes!

Subject: A rich diet for a healthy life

Eating changes as we get older.

Certain foods start to taste better, we crave some things more than others and our nutritional needs change.

You are no longer eating to grow, but instead you are eating now to sustain or even slow a decline. We all get older, but we don't have to give up when we hit 50!

Give this a read:

http://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm

This is a very comprehensive article that walks you through different things you should be eating, changes you may go through and issues that you may run into.

I really think this article is a MUST READ for anyone over 60, but even over 50 would be good!

Read it TODAY:

http://www.helpguide.org/articles/healthy-eating/eating-well-as-you-age.htm

Let me know if it helps!

Subject: The information you are getting on weight loss may be WRONG

There are millions of people RIGHT NOW who are trying to lose weight.

Some of them will succeed, others will not.

Part of the reason for this is the plethora of BAD information there is out there about weight loss.

The wrong information may mean hours and thousands of dollars spent going down the rabbit hole, while never really getting anywhere.

Instead of spending a ton of money on a program that WON'T work, check out this program that has PROVEN results...

===> http://www.3weekdiet.com/?hop=0

You can start dropping weight IMMEDIATELY following this simple program.

Give this FREE video a watch. Your jaw will drop.

WATCH IT NOW!

===> http://www.3weekdiet.com/?hop=0

Subject: This workout will BLAST the fat

If you are looking for a fat burning workout for any fitness level, I think I've found the video for you!

I gave this one a try the other day and man was I sweating.

It's a full, 40 minute workout that you can use whenever you want, because it is totally FREE!

TRY IT HERE:

https://www.youtube.com/watch?v=istOU9nxhm8

You can throw this one into your weekly routine and get a great workout each and every time you use it.

It's amazing for your core and it will help to melt away that stubborn belly fat, while building a nice, firm stomach below it.

I'm telling you, you're going to love this workout!

Watch it TODAY...

https://www.youtube.com/watch?v=istOU9nxhm8

...and give it a try!

Subject: Do you want a step by step plan to lose weight?

I know it can be difficult to take all of the information that you are learning and synthesize it into a unique plan.

It's understandable for you to get frustrated and even want to give up because you don't know what the next step is for you.

Well, luckily, there is a plan that you can follow, that is GUARANTEED to work.

Check this out...

===> http://www.3weekdiet.com/?hop=0

It's not all about eating less food and working out more. Weight loss is like a puzzle and once you know where the pieces are supposed to go, progress can start.

This video will help you to put those pieces together.

Give it a watch TODAY:

===> http://www.3weekdiet.com/?hop=0

If you are SERIOUS about losing weight, this is the right program for you!

Subject: Check out this paradigm changing quote

I always look for anything that will help push me forward, including really inspiring quotes.

I found this and I had to share it with you:

"I don't work out because I hate my body...I work out because I LOVE it."

This seems simple on the surface, but it really is more complex.

Think about it. Working out shouldn't be a way of running from yourself, it should be a way of embracing and caring for who you are.

Working out is self-care, not self-abuse.

Food for thought.

Subject: Beautiful skin at 60?

I want you to know that no matter what your age is, you can look and feel amazing.

This includes every aspect of yourself, from your belly to your skin.

Check this video out:

https://www.youtube.com/watch?v=1Oux\_7R2oh4

Wendy Ida, an amazing mature woman fitness trainer, walks you through her skin routine in a quick and easy video.

It's only a couple of minutes, but it's packed with good tips.

Give this a quick watch RIGHT NOW:

https://www.youtube.com/watch?v=1Oux\_7R2oh4

Give these tips a try!

Subject: It's time to try something new

The old ways aren't working.

You've tried what seems like everything out there and you just aren't getting the results that you want or are being promised.

I understand that. That's why it's time to try something new...

CLICK HERE:

===> http://www.venusfactor.com/welcome/

There is a breakthrough and revolutionary weight loss system that is going to change your life.

I'd love to tell you all about it, but I think this FREE video explains it WAY better than I could.

GIVE IT A WATCH:

===> http://www.venusfactor.com/welcome/

This is one of the best kept secrets of the weight loss industry.

It's time for your to unlock it.

http://www.venusfactor.com/welcome/

Subject: Fit over 60

It's time to answer the question you've been asking yourself if you are over 60...

**What is the best workout plan for me?**

This article answers this question in as much detail as possible...

http://www.bodybuilding.com/fun/best\_over\_60\_workout.htm

It's understandable that getting fit over 60 can be tough. Tough doesn't mean impossible though!

These workout plans will help you feel like you are back in your twenties, while pushing yourself to get better, stronger and healthier.

Give this a read...

http://www.bodybuilding.com/fun/best\_over\_60\_workout.htm

...and see if one of them is right for you!

Subject: The REAL secret...

The weight loss industry, first and foremost, is a business.

They are in it for profit and the only way that they'll continue to make money is to sell you diets and products that give you short term weight loss, with no real long term effects.

If you lost weight and kept it off, they'd lose money!

It's time to try something different, a program that has REAL results.

CHECK THIS OUT:

===> http://www.3weekdiet.com/?hop=0

In just three weeks, you can see REAL results, the kind that the major weight loss industry doesn't want you to see.

You can be fitter, happier and healthier in less than a month!

CLICK HERE TO FIND OUT HOW:

===> http://www.3weekdiet.com/?hop=0

Check it out TODAY.

http://www.3weekdiet.com/?hop=0

Subject: Working out at an advanced age

No matter how much we fight it, we all age. With this comes changes in the way our bodies work, some more drastic than others.

For some people, getting up and doing strenuous routines just isn't possible anymore.

So, how are you supposed to stay fit?

Give THIS a watch:

https://www.youtube.com/watch?v=m7zCDiiTBTk

If you or someone in your life has trouble standing for long periods of time, but still wants to get into shape, this is the right video!

You can get a solid workout while still seated!

Of course, it's not going to give you the same results as something on your feet, but if you are in a position where standing can be difficult, this can help you to stay in shape and continue feeling vibrant.

Watch it TODAY:

https://www.youtube.com/watch?v=m7zCDiiTBTk

Subject: Dance the weight away

One of the best ways to lose weight is to find an activity that you love doing that is physically strenuous and work towards getting better at it.

This can be done independently or in a class environment.

Some people like to do things like train for 5Ks or marathons. I'm more of a dancer.

I go to two different dance classes a week because I LOVE dancing and it helps to keep me fit and in shape.

I can kill two birds with one stone. As I get better at salsa dancing, I also become leaner and better able to fit into the killer dresses that I want to wear out when I show off my skills.

Think about what you want to try, love doing or haven't done in a while. Find a way to get back into it.

You'll feel amazing for getting back on track with something you love, you'll have fun and you'll lose weight!

It's a win all around!

Come up with something you want to get better at TODAY and get started!

Subject: Lose weight starting TODAY

It's time to take the first step.

If you haven't already started your weight loss journey, it's time to get going!

If you have, keep at it!

Either way, I have something that I KNOW will help you along your journey.

CLICK HERE:

http://www.venusfactor.com/welcome/

This is going to take your weight loss to the next level.

I know because I've tried it.

Start your weight loss off with a BANG or take it to the next level TODAY.

CLICK NOW:

http://www.venusfactor.com/welcome/

Go for it!