

Lifetime Fat Loss Autoresponder #1:  
Subject: RSVP for your Nutrition Workshop at Lifetime Fat Loss

Hi [First Name],

Dr. Jeremy here touching in from Lifetime Fat Loss (I told you we'd be with you every step of the way so here I am!).

First off, congratulations on finally making the decision to do something about getting healthy, changing your diet, and losing that unwanted fat *for good*.

By enrolling, you've made a serious commitment to reshaping your body, resetting old habits, and reclaiming your healthiest and most energetic self. Bravo!

But this program is about much more than just numbers on the scale.

**As a LTFLC member, you have loads of freebies, perks, and resources available to help empower and inspire you on your weight-loss journey. I am writing to tell you about one such freebie today.**

If you have struggled with giving up sugar, refined carbs, and other processed foods you are not alone and, frankly, it is not your fault.

**The food industry pays scientists billions of dollars to engineer their packaged foods to be as addictive as they are unhealthy.** The stuff is made to mess with your brain chemistry (more on this to come).

This is why it has been so hard for you, and millions of others, to sustain a healthy diet.

**Furthermore, the latest nutrition research, "experts" and news headlines always seem to contradict themselves.** This makes it nearly impossible to know what a "healthy diet" should look like.

Surely, eating food should not be this complicated.

**We invite you (and your friends) to attend our popular FREE workshop: "Myths and Facts about the Standard American Diet".**

This fast-paced and interactive workshop is held at **Lifetime Fat Loss Center every Tuesday at 6:30PM.**

There is no charge for LTFLC members and their guests, but we kindly ask you RSVP by Monday so we can be sure to save your seat.

**RSVP for this free workshop by hitting respond to this email or call: 555-555-5555 today.**

**As your fat-loss coach, I strongly advise you to TAKE ADVANTAGE OF THIS CLASS.** Even if you think you've heard it all, I guarantee you will learn something that will help you make better and easier choices.

I'll be back in touch again over the next few days to check in with you, and if you need me in the meantime please hit respond to this email, or give us a call at: **555-555-5555**.

We are here for you and hope to see you at this Tuesday's class.

Stay strong,  
Dr. Jeremy

P.S. Before I forget, if you haven't already please make sure to whitelist this email address. This means you give permission for my emails to come directly to your inbox (instead of hitting your SPAM folder).

Your email provider should have clear, easy to follow directions on how to do this---it usually only takes a couple of clicks—but it's very important as I don't want you to miss out on a single energy-boosting tip.

If you would please do that for me now, we'll be all set!