

Subject Line: Don't blame the kids for couples weight gain...

## Email Sample

Dear Kira,

It's hard to match The Exhilaration Of Your Wedding Day! Family and friends gather to see the gorgeous bride and the handsome groom. And if the weather participates and gives you sunshine. Well, nothing can compare.

In preparation of this sacred day both groom and bride are making sure they look their best. **They're eating right, they're working out, and trying to get as much rest as possible.** The wedding planners have done a marvelous job. And the fairytale is a smashing success.

As newlyweds settle into the life of a married couple. A strange thing starts to happen. Without noticing both husband and wife begin to put on some extra pounds. "Men put on as much as 22 pounds while women can gain up to 13 pounds in the first year of matrimony."

But it gets better. Once the loving couple starts to have children. Let me say, "**it can get real ugly real fast.**" Pregnant mothers can put on a whopping 20-40 pounds. The soon to be mother experiences wild cravings. And unfortunately, dad will be munching on the chips and ice cream.

Recently, my wife and I came across this new and innovated way for couples **to lose weight fast, fun, and safe.** Studies have shown couples who start a weight loss program together. Are much more likely to succeed. ([learn more](#)).

**The benefits of this program will have you looking at life in a different way.**

**Take a look:**

- \* The passion, drive, and hunger for one another will rekindle and "ignited a fire."
- \* Unlike other health products this revolutionary system doesn't cost a lot of money.
- \* You'll see **IMMEDIATE** results as you watch the pounds melt away effortlessly.
- \* Most of all, you'll appreciate how this won't require a lot of your **time**.
- \* And there's so much more... [\(take a look\)](#)

Married couples and couples in general want to feel and look good. You and your partner want to be full of life. Looking forward to tomorrow. And if **you have children**, then you have to teach them the importance of a healthy lifestyle pronto. ([see here for information](#))

To Your Success,  
Charles Brown

P.S. There's a **BONUS** included for those who **Act Now!** Take back control of your life. Your future depends on it. Don't wait! [\(grab it now\)...](#)