

*Newsletter encouraging subscribers to start jogging.*

## **From Fat To Fit In Just Three Months**

Hej Carl,

Did you notice we are becoming slow, lethargic and fat?

In the USA, 76% of people die because of obesity or heart disease. And depression & anxiety is at its peak....

Yet! There is hope....

We can prevent almost ALL of these illnesses by *breaking some sweat*. Even a 10-minute run can do wonders for your body! Running...

- Oxydates your brain.
- **Makes you feel good!**
- Makes you live longer.
- **Makes you look good!**
- Lowers risk of a heart attack.
- **Reduces stress and anxiety.**
- Makes you more productive.
- **Prevents your brain from aging.**

After a good run, everything is much more enjoyable (even watching TV!) and productive.

Besides, running is also great for your wallet! Don't forget that treating heart disease is extremely costly (and painful)...

So go dust off your running shoes RIGHT NOW!

After you come home, grab a piece of paper and jot down the number of minutes you ran. Return after a week to see how fast you progress!

Sincerely,

Mihael D. Čačić