

Hi Eric,

This is Jeffrey Pope, the founder of San Diego's **Get Jacked with Jeff**, (www.GetJacked.com) I hope you're well. Not only am I a fitness expert and author of *Lose Weight, Feel Great*, I'm also the founder of *Get Jacked Gym* which was recently voted Best Gym on the West Coast by Men's Health Magazine.

After losing over 100 pounds (and keeping it off for a decade) I've become passionate about teaching people how to eat well without feeling like they're giving up any of their favorite indulgences, and holidays are no exception!

I'd love to teach your readers how to feel like they're indulging all holiday long without sacrificing their health and diet. I have included actionable and powerful tips below and am happy to provide any more information you may need.



TIPS FOR CELEBRATING WITHOUT THE WEIGHT GAIN

- Tip One
- Tip Two
- Tip Three
- Tip Four

I'd love to provide you with more tips and any other holiday-related wellness and weight loss strategies and tricks your readers may need.

Looking forward to Connecting,
Jeff

Get Jacked with Jeff
GetJacked.com

310.555.1212
@GetJacked