**Timeline:**

Reviewed by team and approved for sending out: July 30th

Sent out by Theo: August 6th morning

**Goal/Metrics:**

Goal: Highlight how WILD.AI truly cares about women going through menopause providing content around women physiology so that users know that we are doing our research that is driving the development of the app.

Through: Highlighting top questions we received through our survey

Measure success: more women trusting WILD.AI to help with training during menopause measured through more women signing up for app download

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Title/Email Subject Line:☀️Menopause + Training: You Asked We Answered!**

☀️Hi WILD.AI family,

You may have seen our recent survey on menopause and that’s because we rolled out a new addition to help women in menopause train more effectively.

💛We wanted to thank you for taking the time to help us by answering your most pressing questions!

Thanks again for your help in making the world understand women are not men!

Love & Strength,

The WILD.AI team

### Questions you had!

Women often think X

Q: How to get a regular menstruation cycle naturally?

A:

Q: How to reduce hot flashes associated with menopause?

A:

Q: How can I prevent the weight gain associated with menopause and perimenopause?

A:

Q: Training and nutrition suggestions to increase muscle post-menopause?

A:

Q: How to reduce breast pain and swelling?

A:

Q: What are the effective ways to improve mood swings during menstruation?

A:

Q: How can I balance my food intake to help with hormones?

A:

Q: What can I do to improve my sleep?

A:

Q: What are the safest and most effective treatment for fatigue?

A:

Q: How to deal with IBS and bloating?

A:

Ready to start training during perimenopause & menopause?

Sign up to download the app here:

Know a friend who could benefit from the app? Have them sign up here as well:

They’ll get access to the app & future newsletters!