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Donna's Success Story

"SIMPLY STRONG was just perfect for me—and has transformed my life!"



Refer a Friend and get Two Free Sessions!

Members, remember when you refer a friend who signs up for a package, we would like to "Thank You" in the form of **two FREE sessions** for the referral!

Forward this newsletter to your friends, family and co-workers for a **FREE initial consultation** plus an additional **FREE workout** by using the 'Refer a Friend' link below. They'll thank you for it and so will we!

GIFT CERTIFICATES AVAILABLE





Donna has never been into exercise or anything athletic. But after breaking her foot and elbow, she decided it was time to do something and get stronger. Two and a half years ago she began strength training at SIMPLY STRONG. Ever since then, her results have been terrific! She truly believes that SIMPLY STRONG was perfect for her—and has transformed her life!

"I think I'm almost addicted to my workouts! I've gotten stronger, healthier by every marker, lost four sizes, have so much more energy—and people tell me I look at least 10 years younger! The other amazing thing is, I've done it without pain, within my time schedule and without any prior ability. It's never too late to change your life!"

Donna – age 67

Congratulations Donna! Your transformation over the last two and a half years has been inspirational. Donna achieved these results without dieting, but has consistently put forth her maximum effort in every one of her SIMPLY STRONG 15-minute workouts.

I want you to know that the amazing results that Donna experienced with the SIMPLY STRONG 15-minute workout system isn't uncommon.

As a matter of fact, most women like Donna (and men too!) struggle with their health and feeling old every day and have found nothing but misinformation and dead-end roads on their search for an "age-proofing" solution that really works.

It wasn't until Donna found and joined the SIMPLY STRONG program that she finally started seeing the results she was looking for.

I want you to experience the same success that Donna did, so I would love for you to try the SIMPLY STRONG Program.

Constance Reeves,
102-Year-Old Cowgirl



Creamy Roasted Red Pepper Soup



Here's a simple soup recipe using only fresh ingredients. Soup that's made fresh is so much more nutritious and delicious than soup from a can. Seek out organic produce for the highest nutrition and the purest flavor.

Servings: 4

Here's what you need:

- 5 red bell peppers, roasted, peeled and seeded
- 4 cups of chicken broth
- 1 can of coconut milk
- 2 teaspoons of lemon juice
- 1 teaspoon of sea salt
- dash of black pepper
- 1 teaspoon of smoked paprika
- 1 Tablespoon of nutritional yeast

1. Roast the bell peppers on a grill pan. Let them get really blackened. Place in a closed paper bag for 15 minutes. Peel off the skin, remove the seeds and stem.
2. Transfer the roasted peppers and the remaining ingredients in a high-speed blender or food processor. Blend until smooth, then heat on the stove. It's really delicious chilled, too. Garnish with a Tablespoon of coconut milk and chopped parsley. Enjoy!

Nutritional Analysis: One serving equals: 227 calories, 18g fat, 512mg sodium, 11g carbohydrate, 3g fiber, and 6g protein

Please give me a call at (541) 844-1608.

I am confident that when you try your first workout, you'll agree with Donna that our SIMPLY STRONG 15-minute workout is nothing short of AMAZING!

And remember, the SIMPLY STRONG 15-minute workout is 100% guaranteed for the first 30 days to work for you.

If you don't EXPERIENCE the amazing strengthening effects you're looking for within the first 30 days, then I want you to contact me immediately for a full refund.

That's right, I personally GUARANTEE your satisfaction with our program!

Get the inside scoop on our SIMPLY STRONG 15-minute workout and change your life TODAY by calling (541) 844-1608.

Follow Donna's footprint for success and start living the life you were born to live today!

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[Click Here for a FREE SIMPLY STRONG Consultation](#)

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