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I appreciate you signing up and hope to become that 'trainer-friend' in your inbox every Sunday, who saves you time, money and effort on achieving your fitness goals.

Every email includes one or two of the below:

- highs and lows of the week (either business or personal)
- an excellent client question, that might help you also
- update on projects or upcoming retreats

Welcome, I'm glad you're here!

Cat



ACCREDITED
BUSINESS

BBB Rating: A+



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