

Email Ad Copy for Fitness Heights International

Subject line: Reach higher. 90 days to a healthy & blessed you.

3 months to bragging rights

Didn't quite meet your fitness goals in 2013? Want to reach higher this year? Get connected and get motivated with **Fitness Heights International's Healthy & Blessed 90 Day Challenge**, a customized fitness program that delivers what you want most: results! **Early Bird Special**

Healthy

90 days in a supportive community of friends. Online access and [customized training with certified fitness expert Bertha Cross](#).

Blessed

A little friendly competition never hurt anyone. Church members challenge each other for a cause. Percentage of proceeds goes to your favorite charity.

Fit

Reach your time goal. Drop a pant size. Show off your stuff and celebrate success at the 90 Day 5K coming in May.

Affordable

Just \$ for 90 days of tapped in fun. Local deals and prizes.

Mind. Body. Spirit.

Get connected, get healthy, get blessed. Are you game? [Sign up now](#) and take your fitness to a whole new level.

"I joined the running group in the beginning of April and it has been great! Bertha is really energetic and welcoming. She really encourages you to try your best and pushes you to try harder. I already feel a great difference in my running. I highly recommend it."