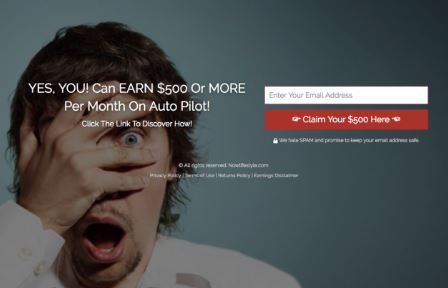
Now Lifestyle SAMPLE Follow up emails for the NowLifestyle FREE Customer Campaign (or use them where you see fit)

by DAVE GARDNER

Here is a series of the follow up emails that you can MIRROR for your Now Lifestyle FREE Customer CAMPAIGN taken from the LCS (lead capture system and edited to not have my 100% personal touch on them). \*\*NOTE: I would not copy them word for word, though use them as example of how to welcome and present YOUR voice to your Leads...Yes, these are the messages that will go out to those who opt into your Lead Capture pages that Look like this:

Once they opt in to some of the pages, they will most likely be redirected to the $1- 14 day trial enroll page or a page where they can join as a free trial member (THUS YOU NEED EMAILS IN THAT CAMPAIGN AS WELL) though this is your first chance to follow up with them through email.

Be sure they GET AN INSTANT EMAIL WELCOMING THEM TO NOW LIFESTYLE!

NOTE: BE SURE TO CHANGE ALL LINKS TO YOUR REAL USERNAME

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Message 1

Subject: You did it! Welcome to your Now Lifestyle trial (from YOUR NAME HERE)

Body:

Awesome move %%SubscriberFirstName%%!

Welcome to the  Now Lifestyle.

Like me perhaps you want a better life for yourself.

Could be better health, wealth or a combination of  
both...or perhaps you want to help others achieve these  
as the health, nutrition and fitness industry are exploding  
and one of the biggest industries in the world.

Be sure you watch the awesome videos that Joel Therien,  
the CEO has put together in the member area and do no  
hesitate to reach out to me with any questions about  
anything you see or are curious about.

You can get a hold of me which ever way is convenient for you depending  
on where you live.

Phone: YOUR PHONE NUMBER HERE (text works best and I am in the USA)

Email: YOUR PERSONAL EMAIL HERE

Facebook.com/FACEBOOKLINK or Facebook.com/FANPAGELINK

Instagram.com/ACCOUNTLINK (or other social media links)

I am here to help you reach your goals!

Let's do this!

YOUR NAME HERE

PS If you missed it and want to find out more about  
getting in and becoming a reseller as well, just click  
the Reseller tools tab to learn more and team up with me.

That's in the member area and you can log back in right  
here: http://NowLifestyle.com/login.php

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Message 2

**Subject: Did you see what Joel said?**

**Body:**

Welcome back!

Did you see what Joel said in the members welcome videos.

This one suggestion has helped me (coupled with some of the beginner level workouts) to lose about 10 pounds in just a few weeks.

It's the one about FIBER and why you need to add it into your daily diet:

Login here: http://NowLifestyle.com/login.php

The choose STEP 3: Getting in Shape and then choose the video on Fiber and Nutrition

If you do ANYTHING...watch this video.

Perhaps you don't want to workout much, but want to lose some pounds...This will help and you can thanks us for it later by showing us your before and after pictures.

Let's do this!

YOUR NAME HERE  
YOUR PHONE NUMBER HERE

PS Again, if you want to be able to have this whole thing pay for itself and be able to share it with others, join me as a reseller by clicking the Reseller Tools tab in the members area.

http://NowLifestyle.com/login.php

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Message 3

Subject: 2 Days in...Did you do your first workout yet?

Body:

So you registered for your free membership 2  
days ago and I am wondering if you tested out  
your first workout yet?

It's in the Now Body section under the "Your   
Exercise Videos".

If you completed the Fit Profile, then you will   
see a set of videos to start with and see how the  
7 minute workout really can be fast.

Perhaps you can only do 5 minutes, or maybe it  
takes you 10 minutes to do it...Not the end of the  
world and that is OK.

The key is that you realize you can get in there   
and do it and it truly does not take a long time.

So I challenge you to do it and then reply right  
here and let me know what you thought.

Better yet, come to the FB group and tell all  
of us what you thought.

Getting healthy does not have to take hours  
a day...it can be done a heck of a lot easier  
and the Now Lifestyle has figured it all out for  
you.

Let me know what you think so far!

YOUR NAME HERE

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Message 4

Subject: Dang that's a killer

Body:

Yeah and I mean a killer offer if you have not seen it yet.

Inside your member area there are TWO tabs on the top right that say "reseller tools" and "commissions/stats" etc.

They each also have a video but not much else as you would need to actually upgrade in order to access them and start to expand your goals of better health/wealth.

I mean really...Just fifty bucks a month for everything and have the ability to earn 50% on the sales you make of that as well.

Just sell two and you break even...everything else is gravy.

That is of course if that specific offer is still available.

The Marketing Autoresponder (AR), the Now Body fitness platform (for you and up to 5 other members so split the cost) and then reseller rights and access to the full suite of tools like banners, lead captures pages, CPA tracking software and more.

Nowhere else you can build a real business like a store, restaurant mowing/plowing company and expect to only pay just fifty bucks USD a month...Nowhere!

Just log in here and click on one of those tabs to get started now

http://NowLifestyle.com/login.php

If you have no interest whatsoever about a biz, then I would at least recommend grabbing the health and fitness Now Body program for you and up to 5 family/friends...yes, they each will get their OWN individual accounts that they can customize to how they want to be healthy.

We all want to live longer and starting by being healthy is the way to go.

Let's do this!

YOUR NAME HERE

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Message 5

Subject: WTF? 7 minute workout?

Body:

So 'WTF' can have more than one meaning and in this case I would like to refer to it as: "Wow, That's Fantastic"

You know...when you can get a whole workout in just 7 minutes (well actually it might take you anywhere from 5-10 minutes depending on your set up and current fitness levels and how many exercises you are trying to work in there.

I honestly have been doing in about the 10 minute range as I have to change some weights up on my bench, which takes time.

It only takes me a minute or two as well to have a fiber powder drink in the morning as well which has also played a role in my weight loss over the first couple weeks since gaining access to the Now Body fitness program.

Here are a couple videos I shot when I first got started to show you ideas about fiber as well as an alternate workout for forearms and wrist strength.

You see I am not just someone who is trying to randomly promote something and not do it or use it myself.

Fiber Powder: https://www.youtube.com/watch?v=pz\_wXcT86ow (OR YOUR OWN VIDEO HERE)

Wrist Workout: https://www.youtube.com/watch?v=F7mbSz0K7sU (OR YOUR OWN VIDEO HERE)

And here is a testimonial I filmed as well early on: https://www.youtube.com/watch?v=gjkBaDXZAlM (OR YOUR OWN VIDEO HERE)

And as I said at the end of the third video...You have to take action if you want to see results, in anything.

So be sure to login and go through everything if you have not done so already to see the training that Joel provides as well as customize your own full workout and get some for your friends as well.

http://NowLifestyle.com/login.php

Heck, go in on the fitness membership with your friends...and split the cost!

Do what you have to do to be healthy and help the health of others as well.

Let's do this,

YOUR NAME HERE

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Message 6

Subject: That time Elvis was in my pants!

Body:

Yeah the King!

My legs were shaking just like the King. You know...Elvis leg, or sometimes called Disco Leg.

That feeling you get where you legs are exhausted from your workout and you are trying to walk, especially going downstairs...it's a challenge itself.

That happened the first time I did even the basic Now Lifestyle/7 minute workout for quads.

I felt like I could not walk up or down stairs.

I had reached momentary muscle failure which is one of the key things you learn through the videos and training in the member area.

NOTE: You will not be able to see the leg workout as it is not until day 10 if you just sit back and stay as a free member, instead you need to upgrade to the full Now Body fitness plan which you can share with you and up to 5 other friends and family.

The Quad workout is the 5th of the rotation and last of the 10 day cycle.

You only do one major body part every other day and only that same body part every 10 days.

This gives for ample time to heal, repair and grow bigger muscle fibers and become stronger in the process.

Just login in here and upgrade today to get your full suite of workouts:

http://NowLifestyle.com/login.php

Then take action for 5-10 minutes every other day and get healthier!

Be sure to take your daily fiber as well to help the process.

Let's do this!

YOUR NAME HERE

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IMPORTANT NOTES:

Be sure to have your first message go out on Day '0' (zero) then you can space them however far apart you want them...I like to send one at least every day for a while.

Keep it generic! If you do not update these often, I would not talk about the weather or any current events (For example don't mention how the New Years eve 2016 party was great, when they could be reading this email in 2018 or later)

Be consistent: Don't just send a couple and never do it again...You have to keep at this.

Be live and current: While the automated follow-ups are nice, you should also be using the "send broadcasts" feature as well to send out current emails...This is where you CAN Talk about what is going on and what the current events are...Depending on when you are reading this you might remember when Joel posted some videos of the power issues they were having on February 21, 2017 due to a Tornado...well I used that and sent an email to my subscribers (see below for another example of a live blast)

Be honest/truthful: Remember you are trying to get your leads to know, like and trust you so that they want to find out more about you and Now Lifestyle

EMAIL SEND BROADCAST EXAMPLE (THIS IS A LIVE EMAIL YOU WRITE AND SEND OUT IN THE PRESENT OR SCHEDULE TO GO OUT IN THE NEAR FUTURE)

SUBJECT: Monday Mania...The Tornado Touchdown!

BODY:

Wow...I just got an email from Joel Therien, the CEO from Now Lifestyle  
and he said they just had a tornado right near their offices in Texas!

Dang!

They are all safe though and possibly only some slight damage to the outside of their building, though he said the winds were crazy.

That is the cool thing about Joel and this company..If something goes wrong or might be an issue, he is extremely transparent and lets us know about it and keeps us in the loop at all times.

We are a family!

When you join us in the family you will be able to see it yourself too in how much he cares and wants us to succeed.

You gotta be in it though and this week marks the end of Phase one of our Prelaunch and leadership building.

http://www.nowlifestyle.com/prelaunch/pre\_enroll.php?id=USERNAME

While Joel was literally in the closet during this blast of mother nature, as always he gets back up and is ready to take on the world!

That is what it is all about...Being able to keep getting back up.

We are here to provide leadership and if you have the desire to keep getting back up, then we want you to work with us with the Now Lifestyle.

Just click here==> http://www.nowlifestyle.com/prelaunch/pre\_enroll.php?id=USERNAME

Our team is already growing nicely and I want to be able to provide spillover to you in the binary plan we have running as part of the dual comp system!

Those who take action now will get more added to them...just saying!

I'm here to answer any questions so reply to this post and I'll  
be sure to get back to you quickly.

Come do this and Live, Love and Laugh with me and the NLS!

YOUR NAME HERE

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Be sure that you are editing EVERY Email you swipe or borrow from me here. You are more than willing to use and modify to your hearts content. The more you tweak to relate back to YOU and YOUR story the better.

Remember, YOU are the one building the relationship through your lead capture system emails. While I appreciate people joining my business, I want you to be able to experience the same successes and build your brand and status in the process.

Don't be afraid to let people know a little about you in your emails and be personal, be conversational and be consistent.

Want to learn more about building your Now Lifestyle business?

Be sure to check out the website pages at <http://Start-Quick.com>

Get updated on new trainings, strategies, marketing tips, quick-start guides and documents, lead generation and much more.

