

Hi <First Name>

I'm constantly amazed at the stories I receive from our BYB program members and the amazing results that they're achieving.

Take Janet, for example.

She's recently celebrated her 50th birthday and thought she was in good health.

At a routine health check, she was devastated when her doctor came back with test results that she wasn't expecting.

Her blood pressure and cholesterol were both high and she was at risk of developing heart disease.

She was also prediabetic and on the fast track to diabetes too.

Faced with the prospect of **two** serious health conditions looming on the horizon, it was time to take action and get healthier.

But Janet has never relished exercise and her trips to the gym always ended in tears. Literally.

She needed a new way to get fit. One that she could do at home and never have to set foot in another gym again. **And** one that was enjoyable enough to commit to.

She'd never tried basketball before and had never seen herself as a yogi.

But in BYB, she found the perfect workout to keep her heart healthy and her blood sugar in check.

Six months later, she's amazed herself with her firm commitment to working out almost every day.

And she's made her doctor very happy indeed. Her blood pressure and blood sugar are a lot more stable and she's dropped those stubborn pounds that were adding to her potential health problems.

She's no longer prediabetic and her heart health is hugely improved.

It's not just the workouts that have led to this. Janet has also followed a lot of the tips in the exclusive Health, Mind and Body guide that she received with her BYB program.

These diet and lifestyle changes have had a big impact on her health and wellbeing.

Your health story may be a little different to Janet but chances are, you could use a helping hand to get healthier, fitter and calmer.

If you're ready to see where BYB can take you on your health journey, this is a great time to come on board.

For this week only, we've lowered the program price by 35%. Instead of the usual \$299, you can get it for \$194.

But it's only this price until the end of the week.

After that, the price goes back up. And it may stay that way for a while.

Enter **BYB35JANET** at checkout to take advantage.

[Sign Me Up CTA button]

PS - I know how much you'll get from becoming a BYB member, which is why I'm offering a 100% risk free guarantee. If you don't love it as much as Janet, let me know within 90 days and I'll issue a full refund.