**Fitness Matters**

111 Stewart Street

Richmond, VA 23060

October 12, 2022

Dear:

You did it! As a valued participant of the Fitness Matters Weight Loss Club, you set a goal and are well on your way to seeing it through. The first six weeks of a weight loss program are often the most difficult, but you are one of a select few who have actually lost at least 10 pounds. In fact, you have lost pounds. We hope you are as pleased as we are with your success!

As further incentive, the more weight you lose, the more payback we want to give you. Check out the following weight loss steps:

Please stop by the club office to pick up a certificate entitling you to one week of free gym time. It’s a small token recognizing your success at setting and achieving a major goal. We celebrate you and look forward to working with you during the upcoming weeks of this weight loss journey.