

***Two email options I wrote for Landmark, a global personal development company, promoting a new health-related blog***

*[Subject line options:]*

An inspiring new health blog from Landmark

Inspiring health-related stories from Landmark graduates

**OPTION ONE TEXT**

Each of us wants to be healthy, vibrant, fit. Which often leads us to struggle with diets and poor health habits, spend hours in the gym, and search the web frequently for the latest insights on health and wellness.

If you have concerns in this area, we invite you to check out our new blog, ***eRoundtableNew Possibilities for Health, Fitness, and Well-Being***. It will explore everything from stress and serious health issues to insights into old patterns that limit your energy and effectiveness.

This blog has many voices. You'll see posts from experts sharing stories about the direct application of Landmark principles to their respective fields, health practitioners who have had breakthroughs with their clients or building their practices, and Landmark graduates like yourself who have set audacious goals and dealt powerfully with health challenges. You'll also hear breaking news be it in nutritional habits, exercise, neuroscience, or yoga.

**Visit us** and **subscribe** to gain valuable insights from fellow graduates whose fresh perspectives empower you to turn health and fitness challenges into new opportunities – and connect with a network of likeminded people around the world who are your partners in health, well-being, and fitness.

We look forward to your participation, feedback, and contributions!

**OPTION TWO TEXT**

Each of us wants to be healthy, vibrant, fit. Which often leads us to struggle with diets and poor health habits, spend hours in the gym, and search the web frequently for the latest insights on health and wellness.

Responding to these concerns, our new blog offers unique, valuable, and inspiring health-related stories. ***eRoundTable: New Possibilities for Health, Fitness, and Well-Being*** covers the full spectrum of health and well-being related fields from nutrition, fitness, acupuncture, and yoga to managing stress and handling serious health problems.

You may find a story about an extraordinary moment where a Landmark grad exceeded his or her limits at the gym. Or turned health challenges into new opportunities. Or manifested a fantastic learning circumstance in a clinic in Kenya. You may find posts

from practitioners who have had breakthroughs in their practices. Or researchers with breaking news in nutritional, neuroscience, nanotechnology, etc.

Or, maybe *you* have a story about using distinctions and insights to deal with your health, fitness, and well-being or to transform the services you provide to clients.

Our core contributors, Alan Weiss, Ken Marton, and Walter Sipe, invite you to read, subscribe, share stories with your friends, comment, and contribute!