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HEALTH & WELLNESS - 60 SECOND EXAMPLES (FEEL FREE TO COPY)

Health and Wellness #1

Hi, I am Riley Moore with Vital Path Wellness Coaching. Habits that fit real life. This week I am looking for desk workers who gained ten to twenty pounds over the last two years and feel stuck. A client tried strict plans that never lasted. We built a simple ten minute walk after lunch, protein first at breakfast, and a weekly check in. She lost inches and kept energy steady. This week I am asking for office professionals who want sustainable changes. I keep plans simple, measurable, and supportive so progress continues after the first month. We begin with a short discovery call to confirm fit and goals. Next we outline a simple plan with clear steps and dates. Expect clear communication, transparent pricing, and realistic timelines. I am Riley Moore with Vital Path Wellness Coaching. Habits that fit real life.

Health and Wellness #2

Hi, I am Jenna Alvarez with Balanced Life Nutrition. Food that supports focus. I want parents of children who struggle with afternoon crashes and constant snacking. A family swapped sugary drinks for water, added balanced snacks, and planned dinners. School reports improved and evenings felt calmer. This week I am looking for families who want guidance without extremes. I provide practical plans, grocery lists, and quick recipes so families can eat well without stress. We begin with a short discovery call to confirm fit and goals. Next we outline a simple plan with clear steps and dates. Expect clear communication, transparent pricing, and realistic timelines. We coordinate with all parties so the handoff stays smooth and predictable. Our team documents progress with notes, photos, and status updates. We set expectations early so there are no last minute surprises. I am Jenna Alvarez with Balanced Life Nutrition. Food that supports focus.

For more examples go to www.msfnetworking.com