**DIANA’S NUTRITION MINI SERIES**

To add more value to your members during the Fit Body 28 Days of Fitness Program, we have created a nutritional coaching mini-series by Diana Keuilian, Fit Body CFO and Healthy Recipe Hacker!

There are 8 videos in the series which is 2 per week. We recommend you sending to your members via email and posting on your Facebook Members page every Tuesday and Thursday at 10am.

All videos have been recorded and due to the editing time needed, we will release 1 week in advance so please check this site weekly. Additionally both the Vimeo Video link (to add in your email) and the video file (to upload on your Facebook group) will be included.

Instructions:

1. For the email to your Members, please use the template below. The specific content topic is the “subject line” in the email. Week 1 is included below as an example, and please use the same template (switching out each emails subject for the content topic and the appropriate video). \*\*Be sure to include the Vimeo video link where it says: Click HERE!”
2. For the Facebook post in your members group, please use the template below. \*\*Be sure to upload the video directly to Facebook.

**Content Topics**

1) Want Fat Burning Family Meals? Use Di's FAVE Ingredients...

2) Eat Less Sugar! Enjoy These Instead...

3) Want Dessert? Make This 5-Min Fitness Dessert...

4) Fight Pandemic Pounds! Make This 5-Min Fitness Meal...

5) Who Wants a Milkshake?! These Ones Burn Fat...

6) Stress Eating Leads to The Quarantine 15! Use These 4 Tips...

7) Making Progress? This Matters Most...

8) Working From Home?! These 3 Tips Work...

**Dates to Send**

Week 1  
1) Tuesday April 21 @ 10am

2) Thursday April 23 @ 10am

Week 2

3) Tuesday April 28 @ 10am

4) Thursday April 30 @ 10am

Week 3

5) Tuesday May 5 @ 10am

6) Thursday May 7 @ 10am

Week 4

7) Tuesday May 12 @ 10am

8) Thursday May 14 @ 10am

**Email and Facebook Caption Copy**

Email Template:

**Subject:**

🥬🍤 Want Fat Burning Family Meals? Use Di's FAVE Ingredients...

**Email:**

Hey Family!

Here with some nutrition coaching and additional value from the Fit Body Real Healthy Recipe Hacker herself Diana Keuilian.

Happy clean eating!!

Click HERE!

-Signature

Facebook post template:

🥬🍤 **Want Fat Burning Family Meals? Use Di's FAVE Ingredients.** 🥬🍤

Hey Family!

Here with some nutrition coaching and additional value from the Fit Body Real Healthy Recipe Hacker herself Diana Keuilian.

Happy clean eating!!

UPLOAD VIDEO