

Newsletter September 2013 Issue

This month I am launching the first Smart Life Newsletter.

The launch edition includes timesaving tips for streamlining your kitchen for your busier fall lifestyle, fun lunch box options for picky eaters (they won't even know it's brain food!), on-the-go snacks that are good for you and take minutes to prepare, and a warm seasonal salad so flavorful it can stand alone as a meal (think Meatless Mondays!).

By signing up for the Smart Life Newsletter you can receive the latest tips, tricks and tools for weight loss, fitness and overall wellness delivered right to your inbox. In each edition to follow, you'll find more seasonal recipes, strategies for helping you reach your health goals and the latest information you need to help you live a happier, healthier life you love.

Did I mention that the early bird catches the free gifts? Be one of the first 10 to sign up for Smart Life's monthly newsletter, and you'll receive 10% off of your Smart Life Health Coaching program of choice.

After you've read your first edition of the Smart Life Newsletter, ask questions, send comments, and share your feedback on our Smart Life Facebook page or Smart Life website. The Smart Life Newsletter is designed to be a resource you can truly use to improve your health.

Get it today and get smarter about your life!

Enjoy the beginning of Fall and stay healthy,

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