

# Live your healthiest life with Zumba + Noom!

Thanks for joining me for a great class, today!

Just like Zumba, Noom is perfect for everybody and every body. I've been so impressed that I recently became a Noom coach! Here's a little info on Noom and how it can enhance your Zumba experience—and your life:

- ◆ Noom uses psychology to help you learn healthier habits and reach your goal weight.
- ◆ According to the National Institutes of Health, a person who loses 5-10% of their body weight can have improved heart health, reduced risk of serious health conditions, better sleep, and so many other benefits.
- ◆ Noom helps to create healthy habits that make you feel better both physically AND mentally.
- ◆ When I'm working out, the tips I've been learning in Noom's daily lessons make me more present in class and help me focus on why I want to be healthy.

Noom and Zumba are the perfect complement for each other, and there's no better way to enhance your Zumba results.

Ready to get started with Noom? Let's do it.

Also, if you sign up using my link, you can get access to a special offer!

<https://www.noom.com/coach/> \_\_\_\_\_

Feel free to ask me any questions you may have.  
It would be my honor to become your coach—again!

