



**“Weight & See” email girls!  
Just a little aside.**

**Some thoughts from me to  
you!**

**In glorious Technicolor!  
“Talk a me!”**

First ladies – I hope you are getting lots from the course. It is draining me BUT will be so worth it when it is all done (if it is ever all done) – already my mother is sending me the typos! And there are a couple of things I want to move around a tiny bit. In the meantime I am imploring you to help me out – just a little.....

- ❖ You are my golden girls – my pilot group. This project will be great when it goes out as an online course and I might even keep this email version, why not?
- ❖ I am getting very promising feedback at the Gym – but one day soon this will be going out to thousands of ladies across the country! I need you to make it a two way system *now* in readiness and to let me know how it is/isn't working for you. I'll not have another chance like this again. Also, I don't want to pester you at the gym – it isn't fair.
- ❖ **PLEASE** make some time for this today and go to the Ning site. Get into any forum, and add ANY thoughts you have on ANYTHING, but particularly on the [Weight and See forum](#). Be brave and find your voices – there are so many topics on there something is bound to fire you up! Not to mention the fact I is FUN, EDUCATIONAL, and has experts on there helping me out, that ask for NOTHING in return (they don't even have NING sites I can reciprocate with! When you read a forum you want to add to, just click on the **VERY BOTTOM** 'reply to this' and you get your box!
- ❖ If you have not joined yet – **please do today** – it is the only membership proviso, along with the very reasonable fee of £20 If you have any problems signing on/in – let me know as I have a way round it. Should be problem free in theory! I don't want you to miss out on anything!
- ❖ See the offer I made recently - £8 for you for every referral you get for me, paid & ning'ed!
- ❖ I currently have 18 members, (and growing daily), two of whom are having a printed version as they have no email. If you know of anyone in these circumstances I can do the same for them but have to charge £5 to cover printing costs (that is very fair – my cartridges are £100+).
- ❖ If you feel there is anything unclear thus far, let me know, so I can get it right for the next time
- ❖ I just found a similar course by chance on the internet and she is charging \$99 – the only thing different is they get a live group chat (I am not techie enough for that yet), but it's not 10 weeks long either – far less info. I hope you agree it is good value (even so far).

Agree/disagree/love it/or luke warm/opinions/topics/shout!/opine/grunt!! [www.weightandsee.ning.com](http://www.weightandsee.ning.com)