

Example: Final Copy Client Newsletter

Happy New Year! Sending my best wishes to you and your family for 2022.

We have all been challenged by the past two years of the pandemic. It has impacted our stress level, eating habits, activity level, and exercise routines.

As we start this new year I'd like you to take a few moments to reflect on these questions:

- What health goals would you like to achieve in 2022?
- What is holding you back from attaining them?
- Why not make your health and wellness the key to the new 2022 you?

Let my practice and I be one of the first steps of your health journey. Our new upgraded office and gym location have been open consistently this past year, providing a safe environment for people to achieve their health and wellness goals.

New Location Features:

- 👉 Exercise Gym
- 👉 Cardio: Treadmill & Bicycle
- 👉 Free Weights
- 👉 Functional Movement Equipment
- 👉 TRX
- 👉 Vibration Plate

Kick off 2022 the right way – Let me be your resource to help you transform your body, overcome your pain, and start moving towards the life you envision.

Are you tired of waiting in waiting rooms, treating the symptoms, running out of approved insurance visits and being told you can't get any better?

I invite you to explore the Kinney method with its whole body approach into your health journey.

What is the Kinney Method?

The Kinney Method is a unique approach that looks at the body structure in its ENTIRETY with the body parts and systems all working together as one. Traditional healthcare will treat the symptom and may miss out on the cause.

What do I mean by this?

Example 1: If the foot and the hip/pelvis do not work together it puts more strain on the knee. This causes you to develop pain.

Example 2: If the pelvis is misaligned and tight, (Which I see a lot with my clients and patients), this will put more strain on the spine resulting in pain in other parts of the body.

The Kinney Method assesses:

1. Alignment
2. Mobility
3. Strength/ Stability
4. Integration in all aspects of life, not just the physical. We will assess lifestyle, stress level, food to the body and mind, and mindful movement.

This program is more than therapy. It is a training, teaching, and empowerment program. After your evaluation we formulate a game plan to meet you where you're at and move you to where you want to be.

I am a physical therapist, functional medicine practitioner, certified integrative nutrition coach, and certified life/health coach. You are getting all of that and more for one price.

- If you're looking to work with an expert 1-1 for 60-90 minutes to help you overcome your pains, restrictions, and limitations that are holding you back from "LIVING" life and are ready to "FEEL BETTER, and BE BETTER", this program may be for you.
- If you're looking for traditional physical therapy where you get time with a physical therapist, then aides, and then bill your insurance, this program is not for you.
- I offer a free discovery call to see if you qualify for this program and find out what your needs are.

Are you READY to move towards being well instead of just treating the pain and hope it doesn't come back?

Don't give up on yourself! Kinney PT & Wellness is here for you. Call NOW for your FREE Discovery call.

Example: Original Unedited Content from Client

%FIRSTNAME%,

Happy New Year! I hope everyone is safe & well -- I'm looking forward to leaving behind 2020 and moving forward with 2021.

I'm pleased to announce that Kinney Physical Therapy and Wellness has moved into a 2000 square foot facility where we can do our work together in a much more spacious environment -- it has a gym and specialized areas to do our body work - including Cardio, Free-weights, TRX, Functional Movement -- and more. We will also be offering extended hours to meet your lifestyle needs. Time slots are limited -- call to reserve yours.

NEW LOCATION:

790 Hampshire Rd. Suite E,
Westlake Village, CA 91361

[Click for directions](#)

[\(805\) 494-3131](#)

Your 2021 game plan!

Tired of living in pain, having low energy, being overweight and resorting to taking pills -- tired of trying multiple diets, systems & exercise programs with no long lasting results? I have the solution -- **read on about my new BeFit 2x exercise program** -- scientifically designed & proven to maximize your results in the least amount of time and the **R3 Weight Loss program** - - designed as a life long program to lose weight and keep it off for life.

Inside this LiveHEALthy:

- New Location Details
- BeFit 2x Exercise Program
- R3 Diet Weight Loss Plan
- Sarcopenia
- Diet & Disease Correlations

Kick off 2021 the right way -- join me to help you transform your body, overcome your pain, and start moving towards life the way you envisioned. Make the first step towards your new life --

Be well, safe, and happy,
Dan Kinney, PT, FMP, CPC
dan@kinneyptwellness.com
[\(805\) 494-3131](#)

As a result of the new location, I am now able to offer new programs such as my new **BeFit 2X Exercise Program** -- maximum benefit from the least time investment. With less and less time in our schedules to do things that are important -- such as exercise .. an exercise program with maximum benefits 15 minute sessions 2x a week really makes sense. Especially, with Covid still looming -- you still need to exercise to keep yourself .. and your immunity strong -- and you need to do it in a safe environment -- and the gyms all being unsafe .. and shutdown doesn't help.

Combined with my new R3 Diet & Weight Loss Plan or My Elimination Diet, your new life is in sight. Read more details about these programs below.

New Location Includes:

- Exercise Gym
- Cardio: Treadmill & Bicycle
- Free Weights
- Functional Movement Equipment
- TRX
- Vibration Plate

Appointments are scheduled to prevent cross-over and sanitation practices continue between visits. Additionally, we are offering extended hours to meet your work & personal scheduling requirements.

Your leader, Dan Kinney, is a functional medicine practitioner, physical therapist and certified life coach with many years of experience.

For more details, visit kinneyptwellness.com or call 805-494-3131, [email](#) or request a discovery call at <https://kinneyptwellness.com/discovery-call/>