

E2M Fitness Eclipses 215,000 Members, Registration Opens April 25

Member testimonials include significant weight loss, better nutrition, increased fertility

CHARLOTTE, NORTH CAROLINA, UNITED STATES , April 16, 2024 /EINPresswire.com/ -- Eager 2 Motivate (E2M) Fitness, a virtual health and wellness program, has open enrollment beginning April 25 - May 2 for its transformative 8-Week Fitness Program. With a diverse clientele of 215,000, including working mothers, competitive athletes, active duty military, seniors, and persons with disabilities, E2M Fitness offers a fully virtual platform accessible 24/7.

E2M members have perpetual access to offerings with no recurring fees; married members can extend benefits to spouses at no additional cost. The total enrollment cost is a one-time fee of \$320 or eight weekly \$40 installments.

Enrollment Details

Sign-Up Window: April 25-May 2, 2024

Program Start Date: 8-week round begins April 29

How to Enroll: Visit E2MFitness.com and register

****The one-time \$320 fee is a lifetime membership in E2M; Pay for one round, and never sign up or pay again!; Spouses can join for free.**

Open to All

With no limit on spots, E2M Fitness encourages everyone to transform their lives, emphasizing that the strength of the program lies in its community and the comprehensive support it offers.

8-Week Round Details

E2M enrollees are admitted to a supportive members-only Facebook community where they



2024 E2M  **E2R**
EAGER 2 RUN

E2M MEETUP AND E2R 5K DATES:

APR 6	*E2R Virtual World Record Attempt
MAY 11	Atlanta, GA
JUN 8	Lakewood, NY
JUL 20	Turnersville, NJ
SEP 21	Raleigh, NC
OCT 25-26	Charlotte, NC (CONFERENCE & GALA)
NOV 9	Charleston, SC
NOV 28	*E2R Virtual Turkey Trot

* VIRTUAL ONLY

KEEP AN EYE OUT FOR UPCOMING EVENTS!

participate in live or recorded trainer-guided workouts; daily motivational talks from certified fitness coaches, mental health experts, and doctors; and an 8-week meal plan designed by nutritionists. Workouts are 15-60 minutes with modifications based on fitness ability.

For more information and to enroll, please visit E2MFitness.com.

Enrollment Details

- Sign-Up Window: April 25th – May 2nd, 2024
- Program Start Date: Details provided upon registration
- How to Enroll: Visit E2MFitness.com to join the E2M family.

Open to All

With no limit on spots, E2M Fitness encourages everyone to seize this chance to transform their lives, emphasizing that the strength of the program lies in its community and the comprehensive support it offers.

Embark on Your Transformation Journey

For more information and to enroll, please visit E2MFitness.com.

A Comprehensive Approach to Wellness

E2M Fitness stands out from competitors by offering comprehensive nutrition and mental fitness classes led by certified staff members for a singular payment of \$320.

Understanding various dietary restrictions, E2M Fitness provides



Just Keep Trying™

BEFORE **AFTER**

75 lbs LOST!

HOLLY LEWIS
GOOCHLAND, VA

"I found a program that works for me when all others have failed."

Client Testimonials Holly Lewis, 49 years old, Dentist, 75 pounds lost



Just Keep Trying™

BEFORE **AFTER**

197 lbs LOST!

DAWAIN ATKINSON
FAYETTEVILLE, NC

"My biggest accomplishment with E2M is gaining my health back. I was on the road to high blood pressure and Diabetes."

Dawain Atkinson, 40 years old, Communications Director, 197 pounds lost

weekly, supplement-free and healthy plans for a variety of dietary preferences including nursing mothers. E2M Kitchen provides affordable, pre-packaged meals delivered to your door. To learn about meal subscription options, visit <https://e2mkitchen.com/>.

About E2M Fitness:

E2M Fitness is a virtual fitness enterprise with its comprehensive workout and nutrition plans. Their core mission is to cultivate sustainable, healthy lifestyles through meticulously crafted regimens adaptable for individuals at all fitness levels, whether at home or in the gym. E2M Fitness offers meal plans entirely free of supplements, empowering participants to craft nourishing meals, complemented by weekly live cooking classes for added guidance and inspiration. With a dedication to holistic well-being, E2M Fitness guides individuals towards their fitness goals, where motivation converges with tangible results. Founded in 2016, E2M has more than 215,000 members. E2M is a Veteran-owned Small Business.

About Words Warriors LLC:

The Words Warriors LLC team helps business leaders and government officials thrive with precise communication across cultures through our specialized translation services, executive communication advice and coaching, and bridge-building between American and Iraqi Kurdistan companies. Words Warriors is an SBA-certified Service-Disabled Veteran-Owned Small Business with offices in New York City and Erbil, Iraq. Words Warriors clients history includes: U.S. Department of Agriculture, Association of the Petroleum Industry of Kurdistan, and Strategic Insight Group.

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EAGER MOTIVATE Just Keep Trying™

BEFORE **AFTER**

32 lbs LOST!

LAUREN VENABLE
WINSTON-SALEM, NC

"I began this journey 6 weeks after completing a 16 month breastfeeding journey and pregnancy prior to that. I had lost a little bit of myself in becoming a first time mom and knew I needed something to bring me back."

Lauren Venable, 31 years old, Stay-at-home Mother, 32 pounds lost

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