

E2M Fitness Opens Registration for 8-Week Fitness Challenge on July 27

CHARLOTTE, NORTH CAROLINA, UNITED STATES, June 27, 2024 /EINPresswire.com/ -- Eager 2 Motivate (E2M) Fitness, a veteran-owned leading virtual health and wellness company, announces enrollment for its transformative 8-week fitness program starting June 27. The sign-up window will be open for a week and close on July 3.

E2M Fitness, boasting over 215,000 members, provides an accessible and supportive fitness community for individuals of all backgrounds, including working mothers, competitive athletes, active-duty military personnel, seniors, and persons with disabilities. Members gain perpetual access to a variety of offerings with no recurring fees, and spouses can join for free with a one-time payment of \$320 or eight weekly installments of \$40.

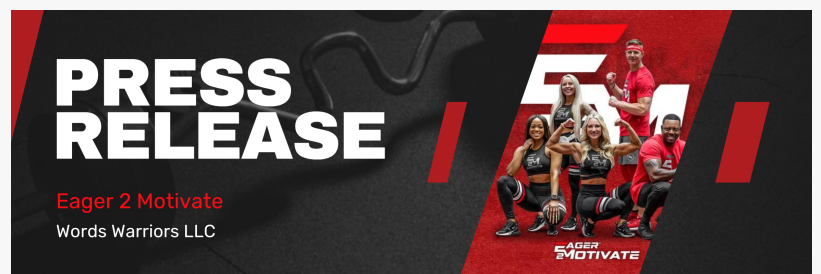
Enrollment Details

Sign-Up Window: June 8 - July 3, 2024

How to Enroll: Visit E2MFitness.com and register

**Pay a one-time \$320 fee with E2M and never pay for future fitness challenges!; Spouses can join for free.

E2M Fitness emphasizes community and comprehensive support. Members join a private

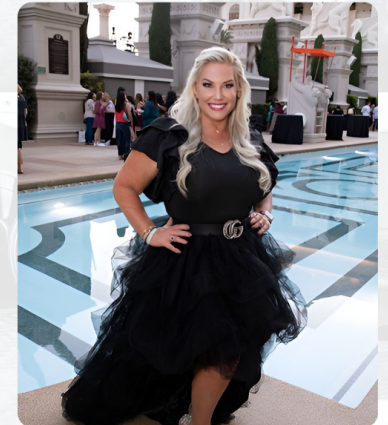


Testimonial

**75 lbs
LOST!**

"My entire life I have been overweight. I tried numerous weight-loss programs; it would work for a while, but then I would gain the weight back. After having 3 children and gestational diabetes, I was eventually diagnosed with type-2 diabetes. For many years it has been difficult for me to exercise regularly and prepare nutritious meals because I have a demanding job as a pediatric dentist, own my own business, and have 3 young children. Almost 2 years ago, I heard about E2M through my Mommy Dentists in Business (MDiBs) Facebook group. E2M is different because of the community that has been built, the encouragement that you get from it, and the mindset that you are accountable for following through with a true lifestyle change. I am so grateful for this program. I will never give up, and I will always keep trying!"

Holly Lewis - Goochland, Va.



Client Testimonials: Holly Lewis, 49 years old, Dentist, 75 pounds lost, E2M member since 2021

Facebook group where they participate in live or recorded trainer-guided workouts, receive daily motivational talks from certified fitness coaches, mental health experts, and doctors, and follow an 8-week meal plan designed by nutritionists. Workouts range from 15-60 minutes and include modification for all fitness levels. Members have lost over 1 million pounds.

Media Recognition: E2M Fitness and its members have been featured in several media outlets showcasing their success stories:

WBTV - [E2M Wants More Men to Become Healthier](#)

WCNC - 'This is his call' | Charlotte army veteran is changing lives through physical and mental fitness training (<https://www.wcnc.com/article/news/local/army-veteran-physical-mental-wellness-training-charlotte-north-carolina/275-723b759e-4b1b-4f75-b429-f1d4e04c3d12>)

Spectrum News - Army vet using fitness to strengthen others' mental and physical health

Marketplace - [How a virtual fitness company is staying strong in a Changing market](#)

About the Founder/CEO Jeff Witherspoon

A Combat Veteran, Jeff Witherspoon's journey in fitness began as a college athlete, where he gained an in-depth understanding of physical training and its impact on overall health. In 2016, Jeff established E2M Fitness, which rapidly grew from a modest online

E2M *Testimonial* **97 lbs LOST!**

"The E2M community is like family to me. There is no better group of people anywhere on the planet. We cheer each other on, we motivate one another, we encourage each other, and we challenge each other. It's a beautiful thing to see people from all walks of life come together forgetting the things that separate them while We are pursuing a common goal of fitness."

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

Dawain Atkinson - Fayetteville, N.C.



Dawain Atkinson, 40 years old, Communications Director, 97 pounds lost, E2M member since 2021

E2M *Testimonial* **32 lbs LOST!**

"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. A few of my girlfriends had started a few rounds prior and their successes are what drew me into making the decision to put my health and wellness at the forefront."

Lauren Venable - Winston-Salem, N.C.



Lauren Venable, 31 years old, 32 pounds lost, E2M member since 2022

community into a thriving group with more than 215,000 members, earning more than \$60 million in revenue. Recognizing the importance of nutrition in fitness, he also founded E2M Kitchen to provide nutritional guidance and meal planning services, complementing the physical training programs at E2M Fitness. Jeff retired from the U.S. Army in 2023 as a Lieutenant Colonel; he served in four combat tours in Iraq and Afghanistan earning the Combat Action Badge and Bronze Star medal. He earned his B.A. from The Citadel and his M.B.A. from William & Mary. Jeff is originally from Sumter, South Carolina and resides with his family in Charlotte, North Carolina.

<https://www.instagram.com/mrqueencity>

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 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/>.

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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



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!

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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