



From: **Sainsbury's Diets**  
 To: **Joanne Tasker**  
 Subject: **Get ready for summer with a diet plan that fits you**

## Sainsbury's Diets

Fit for the beach  
 Fit for summer  
 Fits around you



Dear <Name>,

Now the sun's started to shine, lots of us are thinking about getting in shape for summer. If you're trying to eat more healthily, this is a great time to try our brand new online diet service. Right now there's an introductory offer for Sainsbury's customers: 12 weeks' membership for the price of eight (just £2\* per week). Plus you'll get 500 bonus Nectar points!

[Join now >](#)



### A diet plan that fits your lifestyle

We know it can be hard to stay on track with a diet on your own. That's why Sainsbury's Diets give you personalised meal and fitness plans and loads of delicious recipes – plus online experts and forums to offer support and advice. And when you need a little more flexibility, you can switch to a Food Diary to make your own meal choices.

### Your very own Meal Plan

Our Meal Plans are developed by nutritional experts to suit a range of dietary preferences, with eight to choose from. Just pick the one you like best, then personalise it further to suit you. Our plans are based on everyday foods and simple healthier ideas and recipes, which makes them easier to stick to.



### A flexible Food Diary

We know that many diets fail because life gets too hectic to stick to a set eating programme. If you're too busy to plan, or you simply fancy a change, you can switch over to our Food Diary at any time. Just enter your own food choices every day – we'll help you add up your calories and stay on track to reach your goals.

### It's so easy - just join up today

Sainsbury's Diets service is designed to be flexible and easier to follow for people with busy lifestyles. You can log on to our site whenever it suits you – even using your mobile. So what are you waiting for?

[Start getting healthier for summer today >](#)

**The Sainsbury's Diets Team**



#### Terms and conditions

To ensure that your Sainsbury's emails get to your inbox, please add [email@sainsburys.emv1.net](mailto:email@sainsburys.emv1.net) to your address list or safe list.

If you would prefer not to receive emails from SainsburysDiets, please [click here](#).

To view Nectar's privacy policy and cookie policy, please [click here](#).

To view Nectar's terms and conditions [click here](#).

Prices are correct at the time of print; please visit our website for full offer details. Offers are subject to availability.

\*Minimum membership of 12 weeks. The £2 per week referenced relates to an introductory offer for the first 12 weeks only, based on 12 weeks for the price of 8. Ongoing equivalent weekly rate will be £3. Offer ends 27th November 2010.

To qualify for the bonus Nectar points you must use your Nectar card when you register online in order to collect your points. Points will be credited to the primary Nectar cardholder's account within 28 days. Offer subject to availability.