

# Dear [Client's Name],

We hope this message finds you in good spirits. We understand that your recent injury may have impacted your fitness journey, and we want you to know that we are here to support you every step of the way.

At [Fitness Facility Name], we believe in personalized recovery plans that cater to your specific needs. Our team of experienced trainers and therapists would like to work with you to create a tailored program that focuses on rehabilitation while maintaining your overall well-being.

Here are some steps we propose to help you on your recovery path:

- One-on-one consultation to assess your current condition
- Custom workout plan that avoids strain on your injury
- Regular check-ins to monitor your progress
- Nutritional advice to support your healing process

We are committed to helping you regain your strength and confidence. Please let us know a convenient time for you to discuss your recovery plan further.

Warm regards,

[Your Name]

[Your Title]

[Fitness Facility Name]

[Contact Information]