

Dear [Name],

We are deeply saddened to hear about your loss. During this difficult time, please know that your fitness community is here for you. Grieving can be a tough journey, and it's okay to take the time you need.

Remember, it's not just about physical strength; it's about emotional resilience as well. If you feel up to it, we would love to support you in any way possible, whether that means providing a listening ear or joining you in a gentle workout.

Take all the time you need to heal, and don't hesitate to reach out to us. Your well-being is our priority.

With heartfelt condolences,

[Your Fitness Community Name]