

Dear [Friend's Name],

I hope this message finds you well and energized from our latest gym session! I have something truly special to ask you.

As my wedding day approaches, I can't help but reflect on the incredible friendships I've made along the way--especially with you. You've always been there to support me both personally and during our fitness journeys.

It would mean the world to me if you would honor me by being my bridesmaid. Your presence on my big day would not only add to the joy but also give me comfort knowing my close friend is by my side.

Thank you for considering this special role. I can't wait to create beautiful memories together!

Much love,

[Your Name]