



## WeightLoss&Training.com

### Don't Let WeightLossandTraining.com Emails Get Lost in Junk Mail Oblivion

Email providers are making it harder and harder for newsletters to get through, even when you request the information. If you aren't getting our newsletter, please check your "junk mail" or "bulk mail" folder.

Also, please carefully follow the instructions below to make sure that our email address is on your "allowed" list. That way you won't miss the bonus content we send out.

You will find instructions below for each of the major email providers. If you don't find info for your email provider, the best thing you can do is add the following email to your contact list:

[losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)

This should prevent your spam filter from blocking our newsletter.

You can also look in your junk mail folder, deleted items folder, or bulk mail folder for any messages from us and click on the **Not Junk** or **Not Spam** folder. If this isn't solving the situation, please email us at [losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)

### Instructions to Make Sure You Receive our Content Rich Emails

#### HOTMAIL

1. Login to your Hotmail account
2. Click on the **Options** link in the upper right hand corner
3. Go to More Options...
4. On the left, click on the **Mail** button to go to the mail options
5. Under **Junk E-Mail** click on **Safe and blocked senders**
6. Click on **Safe mailing lists**
7. Under **To address for the mailing list** enter: [losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)
8. Click the **Add to list** button

If you see a message from us in your Junk Mail folder, you can click the **Not Junk** button to move it to your Inbox and prevent our newsletter from going to the Junk folder in the future.

## **GMAIL**

In GMAIL, you need to add us to your contacts to prevent our newsletter from being filtered to the junk folder.

1. Sign into to your GMail account
2. On the left, click on the **Contacts** link
3. Click **New Contact**
4. Fill in a name
5. Next to **Email** enter: [losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)
6. Now click **Save**

This will ensure that emails from us will directly go into your inbox. If you see a message from us in your Spam folder, you can click the **Not Spam** button.

## **YAHOO MAIL**

Sign into your Yahoo! Mail account

1. Click **Options** in the upper right hand corner
2. Click on **Mail Options**
3. Click **Filters** on left hand side of page
4. Click the **Add** button
5. Under **Filter Name**, enter *WeightLossandTraining Newsletter*
6. Next to **From header**, select **contains**
7. In the text field next to that, enter: weightlossandtraining.com
8. Next to **Move the message to**, choose **Inbox**
9. Click the **Add Filter** button

This will make sure that any email from us goes to your Inbox. If you see a message from us in your Bulk folder, you can click the **Not Spam** button.

## **AOL Mail**

Sign into your AOL Mail account

1. On the left, click on the **Contacts** link
2. Click on **New**
3. Fill in a name
4. Next to **Email** enter: [losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)
5. Now click **Create**

This will make sure that any email from us goes to your Inbox. If you see a message from us in your Bulk folder, you can click the **Not Spam** button.

## MICROSOFT OUTLOOK

To make an exception in your Junk Senders list:

1. On the **Tools** menu, click **Rules and Alerts**
2. Click on **New Rule...**
3. Make sure it says **Move messages from someone to a folder**. Then click on **Next**.
4. Click **people or distribution list**
5. In the From Field enter: [losefat@weightlossandtraining.com](mailto:losefat@weightlossandtraining.com)
6. In the move it to the **specified** folder click on **inbox** then click on **ok**
7. Click on **ok** and **ok** until you get to **finish** and then on **ok** again

Messages sent from this address will be sure to appear in your **Inbox**.

This Guide is provided to you by [www.weightlossandtraining.com](http://www.weightlossandtraining.com)



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