



Health Topic Emails

FITNESS

How to use this email:

Copy and paste this content into an email to your employees as a way to support their mental and physical fitness by encouraging simple changes to their behavior and activity levels.

Subject Line

Tips to get active and stay fit

Headline

Find your way to fitness

Body

Whether you're looking to focus your mind, feel your best, or have more energy throughout the day, improving your fitness is something we can all aspire to. With these [helpful tools, tips, and resources](#), you can create (and maintain) a fitness routine.

Getting started can feel challenging, but even a little bit of [exercise](#) goes a long way. With simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness, including:

- **A healthy body** with a [healthier heart and stronger lungs, bones](#), muscles, and joints as well as lowered risk of falls, diabetes, high blood pressure, and some cancers. Connect to [more resources](#) for health and wellness.
- **A healthy mind** with [reduced symptoms of depression and anxiety](#). Being fit can also lead to better sleep, better stress management, and a sharper mind.
- **A healthy spirit** with more energy for work and leisure time with friends and family.

Ready to get moving? [Go online](#) for simple ways to get fit, stay healthy, and be at your best.