



Health Topic Emails

NUTRITION

How to use this email:

Copy and paste this content into an email to empower your employees to improve their nutrition with tips and information that can help them manage their weight, prevent health problems, and feel their best.

Subject Line

Get a head start on healthy eating

Headline

Eat healthy and live well

Body

Introducing healthy eating habits now can help you avoid potentially serious health issues down the road. Whether your goal is to feel good, manage your weight, or prevent health problems, Kaiser Permanente is here for you with helpful tips, information, and support.

When you eat better, you feel better. But that's just the beginning. Improved nutrition can help you:

- **Feel your best.** Healthy eating can give you plenty of energy to tackle the day and help you manage stress.
- **Stay ahead of health problems.** Eating [5 servings of fresh fruit and vegetables](#) a day can help lower the risk of death and reduce the risk of heart disease, stroke, cancer, and more.
- **Avoid serious complications.** Physical conditions like obesity can pose a major risk if serious health conditions arise.

Get a head start on healthy eating. [Go online](#) to learn more and find simple ways to eat healthier.