**A Stronger You: Email Template**

**Directions:** Copy the image and verbiage below and paste into your email. Remove the text in red and add your members’ general login information and your contact information. We recommend attaching the “A Stronger You Program Calendar” to the email.

A picture containing text, person, indoor, businesscard

Description automatically generated

Need help creating a health and wellness routine?

In just 10 minutes a day (or less!), you can build a healthier, stronger you. Join the Wellbeats 14-day “A Stronger You” program for a schedule of short fitness, nutrition, and mindfulness classes to start fresh and stay motivated.

If you’re looking for a well-rounded, holistic wellness plan that does not require a lot of time or commitment, this program is perfect for you. All you need to do is join the program and Wellbeats’ expert-led, virtual trainers will guide you every step of the way.

Joining the program is easy – simply select this link to enroll today: <https://portal.wellbeats.com/programs(m:program-detail/210)#overview>

(You may be prompted to log in to your account first.)

[Enter general login information here]

If you’re logging in for the first time or forgot your password, select “Forgot Password” to reset your password.

Have a specific goal in mind? Check out Wellbeats’ full list of programs here: <https://portal.wellbeats.com/programs>

**About Wellbeats**

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes 1,000+ fitness, nutrition, and mindfulness classes for all ages, levels, abilities, and interests.

For any questions, please contact [enter your contact information here].

In health,

[Enter your name here]