**Fitness is Foundational: Intranet Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. We recommend attaching the “Every Move Matters” challenge printout and “How to Enroll in a Wellbeats Challenge” guide if possible, as well as including your contact information (that appears in red below).

A picture containing text

Description automatically generated

Fitness is the foundation for a healthy, active lifestyle. With Wellbeats, it’s easy to make every move and minute count! To help you get started, sign up for the 4-week “Every Move Matters” challenge. This includes a schedule of workouts, mindfulness and nutrition classes to feel mentally and physically strong.

[Sign up for the challenge today using this link](https://portal.wellbeats.com/#/challenges/overview/90). For any questions, please contact [enter your contact information here].

A picture containing drawing

Description automatically generated