**Healthy Habits: Intranet Template**

**Directions:** Copy the image and verbiage below and paste into your intranet or internal communications portal. Remove the text in red and add your contact information.



Research shows that around half of our daily actions are driven by repetition—but creating a new habit can often feel daunting or unachievable.

That is why with Wellbeats *Wellness*, your complimentary wellness offering at [your organization name here], you’re invited to start small. For as little as two weeks, you can join expert-led, step-by-step fitness, nutrition, or mindfulness programs to help you build healthy habits.

Download the Wellbeats *Wellness* app or go to [portal.wellbeats.com](https://portal.wellbeats.com/) to get started.

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