**Healthy Habits: 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 “Wellbeats Program Catalog” and “How to Schedule a Class and Invite Others Guide” to this email.

A person running in a park

Description automatically generated

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.

No more scrolling through a list or wondering what to do next**. Simply log in, find your plan, and press play.**

Programs include:

* **A Stronger You** (Fitness, Nutrition, and Mindfulness Program // 2 Weeks)
* **Running Stronger 1** (Fitness Program // 2 Weeks)
* **Create Your Calm** (Mindfulness Program // 2 Weeks)
* **Food and Mood** (Nutrition Program // 2 Weeks)
* **Rest and Restore** (Sleep Program // 2 Weeks)

You can even set reminders and invite others to join you for a class.

**Ready to build healthier habits?** Explore all programs here: <https://portal.wellbeats.com/programs>

**How to Get Started**

Join a program by downloading the Wellbeats *Wellness* app or go to portal.wellbeats.com on your computer. In the menu bar, select **Programs** to view all available programs.

[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.

**About Wellbeats *Wellness*, a product of LifeSpeak Inc.**

Wellbeats *Wellness* is your virtual wellness offering to help you live a healthier life. This includes 1,400+ 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]