**Nutrition 101: 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 “Nourish Your Everyday Program Calendar” to the email.

A picture containing text, person, indoor

Description automatically generated

Do you struggle with maintaining energy and focus throughout the day? Are you looking for healthy, sustainable ways to fuel your body?

With your Wellbeats virtual wellness offering, you can explore high quality, expert-led nutrition classes **for free!**

.

It’s simple: log in to your Wellbeats account on your personal device, and choose from a variety of topics for a healthy body and mind, such as:

* Mood-boosting food recommendations
* Recipes to support immune health
* Healthy snack options
* Cooking demonstrations
* Delicious recipes inspired by locations around the globe
* *And so much more!*

If you prefer to follow a step-by-step plan, we invite you to join the [2-week “Nourish Your Everyday” program](https://portal.wellbeats.com/programs(m:program-detail/56)#overview). This takes the guesswork out of healthy eating and provides you with expert-led nutrition education and easy-to-follow recipes to satisfy your taste buds.

[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**

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]