**Fit for Fall Email Template: Email Sample Copy**

**Directions:** Copy the image and verbiage below and paste into your email. Edit the verbiage in red with your members’ general login information and your contact information. We recommend attaching the “Fit for Fall” program calendar to the email.

Graphical user interface

Description automatically generated with medium confidence

Make a change in your wellness routine with Wellbeats’ 4-week “Fit for Fall” program!

Stay engaged and on track this season with fun workouts, fall-inspired recipes, calming meditations, and wellness prompts for a healthy body and mind.

**How to Get Started**

You can join the “Fit for Fall” program on the Wellbeats app or go to portal.wellbeats.com on your computer.

Username: Your [Company Name] Email Address

If you’re logging in for the first time or forgot your password, select “Forgot My Password” to be emailed a new, temporary password.

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