**Back to the Basics: 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 “Find Your Fit Program Calendar” and “Find Your Fit Flyer” to the email.

A picture containing text, person, posing

Description automatically generated

Are you new to exercising or has it been a while since you last worked out?

To help you get started or get back in a routine, we invite you to join the four-week “Find Your Fit” program with progressive, feel-good classes to safely ease into exercise.

Find Your Fit Program link: <https://portal.wellbeats.com/programs(m:program-detail/440)#overview>

Developed and coached by top Wellbeats *Wellness* instructor Katie Haggerty, this program includes a series of cardio, strength training, and recovery classes to kickstart your fitness journey and set you on a path to real results.

[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.

Have a specific goal in mind? Check out Wellbeats’ full list of programs here: <https://portal.wellbeats.com/programs>

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

Wellbeats is your virtual wellness offering to help you live a healthier life. This includes 1,200+ 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]