**Back to the Basics: 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.

Text

Description automatically generated with low confidence

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 coached by top Wellbeats *Wellness* instructor Katie Haggerty. This program includes progressive, feel-good classes to safely ease into exercise.

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

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