**Nutrition: Email Template**

**Directions:** **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 “Supportive Foods Flyer” and “Nutrition Flyer” to the email.

A person cutting vegetables on a cutting board

Description automatically generated

The food we consume can significantly impact both our mental and physical health. If you’re looking for expert guidance and recipes to keep your wellbeing in check, Wellbeats *Wellness* provides both!

From meal prepping tips to cooking tutorials to healthy ingredient swaps, you can explore everything you need to stay well from the inside out.

**Not sure where to start?** Join the two-week **Supportive Foods program** led by functional nutritionist Christina Sandok to explore what foods can improve your **immunity, metabolism, mental focus, digestion, sleep, and skin**. As a bonus, this program includes meal and snack ideas and recipes to incorporate in your daily routine.

In your Wellbeats *Wellness* account, go to **Programs** to join the **Supportive Foods** program today.

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

**About Wellbeats *Wellness***

Wellbeats *Wellness* is your exclusive, complimentary wellness benefit with 1,400+ on-demand fitness, nutrition, and mindfulness classes for all ages, abilities, and interests. Whether you’re an expert at yoga or new to running, looking for ways to eat healthy or only have five minutes to unwind, Wellbeats *Wellness* can support you in living a healthier life.