**Preventive Health: 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 “Preventive Health Flyer” to the email.

A person and person holding a tablet

Description automatically generated

Taking small steps can make a big difference when it comes to improving health and wellness.

Whether it’s walking for five or ten minutes a day, eating more fruits and vegetables, or learning to meditate, Wellbeats *Wellness* can help guide and support you in your pursuit of better health.

What’s included:

* Safe, expert-led classes to help ease or reduce the risk of bone or joint injuries
* 60+ goal-based programs, including “Daily Mobility”, “Get Started”, “Food and Mood”, “Healthy Back”, “Intro to Strength”, and “Relieve Stress”
* Guided meditations to reduce stress and muscle tension
* Healthy recipes, cooking demonstrations, and nutrition education to improve healthy eating habits
* *And more*

[Enter general login information. Here is an example:

**Your Username** = Your [Company Name] email address. If you’re logging in for the first time or forgot your password, select **Forgot Password** to reset your password.]

No matter your age, ability level, or interest, it’s never too late to start developing healthy habits that can positively impact your life. You can safely ease into these habits and see the benefits starting today.

**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+ expert-led, on-demand 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]