March Employee Email Copy

Subject Line: March: Focus on Nutrition

Dear [Insert Agency/Higher Ed. Institution} employees,

Nutrition is important every day. Each year in March we focus on nutrition resources that can support our health all year long.

Here are a few resources to support your nutrition and health:

* [March Wellness Events & Webinars through ERS](https://www.ers.texas.gov/Event-Calendars/Wellness-Events)
* [Wondr Health](https://enroll.wondrhealth.com/start?s=HealthSelect) is a virtual weight a management program that focuses on eating and other lifestyle habits
* [Real Appeal](https://realappeal.com/healthselect?utm_source=referral&utm_medium=print&utm_campaign=healthselect) is a 52-week weight management program that includes a weekly group coaching session and focuses on personalized, small steps each week
* [Well OnTarget](https://healthselect.bcbstx.com/health-and-wellness-incentives/well-ontarget) provides an online Health Assessment with customized information you can use to improve your health

 [Optional: if participating in Get Fit Texas] Also, for those participating in the Get Fit Texas Challenge, just a reminder that there are live virtual fitness opportunities every day. Check out the [Virtual Fitness Calendar](http://wellness.texas.gov/Challenge.htm) for more information. It’s not too late to join! Be sure to log your past and current activities at the [Get Fit Texas Webpage](https://getfittexas.org/).

Please let me know if you have any questions or concerns.

In health,

Your Wellness Coordinator