

Subject Line: Fresh Start, Healthy Habits in 2025!

Dear (Insert Agency/Higher Ed.Name)

Happy New Year! 2025 is here, and it's the perfect time to set new goals, build healthy habits, and prioritize your well-being. Check out this month's wellness offerings to kick start your year.

Get Fit Texas! Challenge Staying active doesn't have to be complicated! The **Get Fit Texas Challenge** is your chance to commit to 150 minutes of physical activity per week. Whether it's walking, stretching, or trying a fun new workout, every move counts toward better health.

📅 **Sign up** starting January 13th and begin the challenge on January 20th to make fitness a lasting habit. (Add Info regarding incentives if you are providing one)

→ [Register for Get Fit Texas!](#)

Webinar: Thrive by Design – Fresh Start, New Habits Ready to embrace healthy changes but not sure where to begin? Join Lacy Wolff for this inspiring webinar, where you'll learn practical strategies for creating and sustaining habits that support your goals.

📅 **Date:** January 16th

🕒 **Time:** 10-11 a.m. CT

→ [Register for Thrive by Design](#)

Discover Buena Vida: Our NEW Well-Being Program Healthy habits are easier with the right support! **Buena Vida**, our new well-being program for HealthSelect participants, offers tools and resources to help you thrive. From fitness challenges and habit trackers to rewards and incentives, Buena Vida makes healthy living fun and accessible.

→ [Learn more and enroll](#) to start earning rewards and tracking your progress through WebMD's Buena Vida portal.

Start your year with these exciting opportunities, and let's make 2025 your healthiest year yet!

Warmly,

[Your Wellness Team]