July 2023 Employee Email Draft

Subject line: 21-Day Virtual Fitness Challenge!

Dear XXXX employees,

This month you are invited to participate in a multi-agency 21-Day Fitness Challenge! Use this challenge to try out a variety of FREE online fitness classes with fun and engaging instructors and a community of state employees moving along with you! The wide range of weekday classes include, for example, a 15-minute morning “check-in” to a half-hour of lunchtime yoga or flex & stretch, to 45 minutes of lunchtime strength training.

Here are the details:

1. Dates: July 10-30
2. Bookmark the [Virtual Fitness Calendar](http://www.wellness.texas.gov/Challenge.htm). From the calendar, select and save the classes you want to your Outlook calendar with the “add to calendar” feature.
3. All classes will take place via Zoom using the same [Zoom Room link](https://hrd-txdot-gov.zoomgov.com/j/1618458876?pwd=VEZlWUt5RUZDRFY4S2dDaGFoWDArZz09#success)
4. During each class, you will receive a “Code Word” to use when logging your class.
5. Log all of your classes before July 31st with the [class log form](https://txers.gov1.qualtrics.com/jfe/form/SV_a2xrSohiuuE9MCW).
6. Top participants will receive a door prize (option of yoga mat with bag or fitness kit)

I have attached the **21-Day Virtual Fitness Challenge event flyer** as well as the **July Wellness Opportunities flyer** for more information. If you have any questions regarding this challenge please email [lacy.wolff@ers.texas.gov](mailto:lacy.wolff@ers.texas.gov) [attach or link to these documents in the toolkit]

I hope you enjoy this chance to build more movement into your day!

In health,   
  
Your Wellness Coordinator