

# July 2024 Employee Email

Subject Line: Building a Movement Mindset!

Dear XXXX Employees,

Ready to boost your energy, improve your mood, and enhance your overall well-being? Physical activity offers numerous benefits, both physical and mental. This July, join us for exciting events designed to help you build a movement mindset and incorporate physical activity into your daily routine.

- **Movement Mindset Webinar:** July 11, 10-11 a.m. CT. Join Lacy Wolff and Jewell Smith to explore creative ways to manage expectations and turn barriers into motivation for daily movement. Register through the [Movement Mindset Webinar Link](#)
- **Starting a Strength Training Routine: Building a Stronger You Webinar:** July 16, 10-11 a.m. CT. Join Lacy Wolff and Demetrius Bailey to learn the fundamentals and benefits of strength training, including essential exercises and tips for a sustainable routine. Register through the [Strength Training Webinar Link](#)
- **Power Surge: 5-Day Strength Training Challenge:** July 22-26. Join us for a 5-day challenge with daily 15-20 minute strength training videos. Complete at your convenience. Register through the [Strength Training Challenge Event Link](#)
- **Join the Fitness Program:** Use code **FITINJULY** to waive the enrollment fee in July. HealthSelect participants and dependents (16+) can access a network of fitness facilities or choose the digital-only option for home workouts. Learn more at the [Fitness Program Webpage](#)
- **Fitness & Nutrition Connect Community Calls:** Join BCBSTX for 15-minute check-ins and lively wellness discussions. Check the full schedule and register at the [ERS Wellness Events Calendar](#)

Best regards,

[Your Name]

[Your Position]

[Contact Information]