

Sample Emails



To inform and raise awareness of the importance of including physical activity throughout the work day; here are a few sample e-mails that can be used.

Subject: Fitting Physical Activity into your Work Day!

Did you know? According to the [Canadian Physical Activity Guidelines](#), adults aged 18-64 years should accumulate at least **150** minutes of moderate to vigorous –intensity physical activity per week, in bouts of 10 minutes or more?

Here are some **physical activity tips** to help you get active during your work day

- Take the stairs
- Go for a brisk walk with colleagues during your lunch or coffee break
- Deliver messages in person to colleagues-take a walk to their desk
- Promote active breaks during meetings

By fitting physical activity into your daily life; you will feel better, increase your energy level, and improve your self-esteem.

Subject: Time to Get Active!

Did you know? Yes, you have time...Make **Physical Activity** part of your day! Add 10 minutes of physical activity here, and 10 minutes of physical activity there. It can begin to add up to 30 minutes or more a day and you will be on your way to leading a more active lifestyle that will benefit your health.

By fitting physical activity into your daily life, you will feel better, increase your energy level, and improve your self-esteem.

