

SUBJECT: Let's get moving!

BODY COPY:

Thanks to you, [Working for a Healthier Tennessee](#) is going strong!

You know that one of our main focuses of this initiative is **physical activity**. So we're making it easier to get up and get moving during our workday. I challenge you to increase your physical activity each day – even just 10 minutes or 200 steps adds up and can help you feel better!

Getting more exercise doesn't mean you have to buy expensive gym shoes or extra equipment.

Here are some simple ways that you can sneak some physical activity into your day:

- Go for a walk at lunch or on breaks.
- Take the stairs whenever you can.
- Try to have walking meetings (instead of sitting).

When we get moving, good things start to happen – we feel better, we're more productive and we're better able to handle stress. Adding just a few minutes of movement each day can really make a difference.

Are you interested in finding a walking buddy, participating in a challenge or learning more ways to be more active? Contact me for more information and resources.

We can do this. Let's get moving and lead the way to a healthier Tennessee!