**2023 Health and Well-being**

**Email:** Activity promo – weight loss, diet and exercise

**Focus:** Choose to Lose, Go for Fruits and Veggies, Sugar Smart

**Suggested subject line**: The key to effective weight loss

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**The best way to lose weight is also the healthiest**

With new fad diets and the next great workout program popping up seemingly every day, figuring out how to lose weight can be challenging. But it doesn’t have to be. Eating right and exercising is the best way to lose weight and reach your health goals. And with [HealthPartners Living Well or client program name], you can discover the foods and activities that work for your body and lifestyle.

Check out these nutrition-based activities that make healthy eating easier:

* **Choose to Lose:** Forget calorie counting and focus on nutrition, moving more and improving sleep habits for better energy and a healthier lifestyle.
* **Go for Fruits and Veggies:** Learn how to set achievable nutrition goals, find ways to create and maintain healthier habits and build a better relationship with fruits and vegetables.
* **Sugar Smart:** Discover how you can balance your sugar intake while finding alternatives to your favorite sweets along the way.
* **Wellbeats:** In addition to offering fitness activities for all experience levels, Wellbeats has nutrition tips and recipes to help you build and sustain a healthy lifestyle,

[Get your diet back on track](https://www.healthpartners.com/signin/livingwell) [BUTTON]

**Be rewarded**

Completing a well-being activity to improve your weight loss plan can also help you earn your [Living Well or client program name] reward. You’ll earn [program reward] when you complete your [program requirements] by [deadline]. [If your medical plan covers your spouse, they can/must also participate and earn a reward.] Visit [**healthpartners.com/signin/livingwell**](https://www.healthpartners.com/signin/livingwell) to get started.

**Questions?**

If you have questions about [Living Well or client program name], contact [group contact name] at [number]. For help signing on, call HealthPartners at **800-311-1052** or [email](https://www.healthpartners.com/wellbeing-registration/wellbeing/contact-us).

*You are receiving this email on behalf of [group name] [Living Well or client program name]. We have partnered with HealthPartners to offer this health and well-being program to all [group name] employees.*