Eat to Thrive – Reminder email

**Instructions:**

1. Copy and paste all of the content below the line into the body of your email message.
2. Modify or remove highlighted language.
3. Send to all employees or eligible participants.



**Subject Line:** Eat to Thrive ends on [date]

Our Eat to Thrive challenge is ending soon, but you can keep your momentum going. Here’s how:

* Practice the track you chose for another month.
* Choose a new one, if you’re ready. The tracks are meant to complement and build on one another.
* Invite your family and friends to join you. Eating should be a communal activity and the biggest influencer of health are the people around you. So get healthy together!

If you have any questions or comments, please let us know. Just contact [name].