

Well-rounded fitness lunch and learn message (SEBB)

How to use

1. Share the message below with employees before April 3, 2024.
2. The message is ready to use as is. You can also tailor it to fit the needs of your organization.

**Tip:** Highlight the value of worksite wellness by asking your leadership to send the message. Doing this completes tasks 1.3 and 5.4 of our [Worksite Wellness Roadmap](https://fortress.wa.gov/hca/wawellness/login.aspx) to earn our [Zo8 Award](https://www.hca.wa.gov/about-hca/washington-wellness/tracking-success).

MESSAGE BELOW

**Subject**: You’re invited! Lunch and Learn: Well-rounded fitness

Join WebMD for a 30-minute Lunch and Learn webinar. The webinar will:

* Highlight benefits of different fitness components for overall health
* Evaluate fitness trends and popularity
* Introduce the SmartHealth Invitational Team Steps Challenge and Washington Moves event

**When and where**

Wednesday, April 3, 2024

Noon to 12:30 p.m.

GoTo Webinar

**How can I sign up?**

[Register](https://register.gotowebinar.com/register/7926090590757548630) to join the webinar on April 3.

The [webinar](https://youtu.be/jjB4b46vcQY) is recorded and available to watch on YouTube.

**Closed Captioning options**

To enable closed captioning on a computer, use the Google Chrome browser.

1. Open Chrome.
2. From the top right, select **Settings** > **Accessibility**.
3. Enable **Live Caption**.
4. While the video is playing, select **Media control** to turn on captions. If your video is set to autoplay, be sure to turn on the video volume for live captions to work.

To enable closed captioning from a mobile device, search for "closed captioning iPhone" or "closed captioning Android" for instructions

**END MESSAGE**