**2021 Email Campaign – Physical Activity – Mindful Movement**

**Weekly Email Summaries**

Week 1: Move in the Moment

Your body was made to move, and yet we spend so much of our day sitting! Discover the value of microbursts and learn how to sneak physical activity into your day by combining it with things you already do.

Week 2: Set Up for Success

How can you make the most of your commitment to move? It’s all about MATS! Find out how to maximize your success and learn what you need to create your own home gym – without breaking the bank!

Week 3: Maximize Your Minutes

Our days are busy, but we can still make time for exercise. We may just need to rethink our approach. Learn how to leverage habit stacking and check out some easy tips to help you fit in more fitness.

Week 4: Sit Less and Move More

Too much sitting takes a toll on our minds and bodies. Check out some simple ways you can break up your sedentary time and add more movement to your day. We also share some easy stretches you can do throughout the day to keep you focused and productive. The more you move, the better you’ll feel!