**Email 1—Announce Participation**

**Subject:** **Get Ready for National Get Fit Don’t Sit Day!**



Great news: On Wednesday, May 4, **[Company/Organization Name]** will participate in the American Diabetes Association’s **National Get Fit Don’t Sit DaySM**. And we want you to join in the fun!

You may have always known that exercise is good for you, but it’s likely you didn’t know until recently that too much sitting is actually harmful for your health. That’s why the Association recommends that everyone, including people with diabetes, limit the amount of time they spend sitting. In fact, they advise getting up and moving at least every 90 minutes.

Here at **[Company/Organization Name]**, we value your health and want to empower you with the resources you need to get moving—today and every day.

Some of the fun activities we are planning for this important Wellness Day include:

**[Describe what you have planned for the day, or simply ways your employees/members can be more active. See pages 3-4 of the toolkit for ideas. If your CEO or executive champion is joining that day, make sure to include those details.]**

Please make sure to **[any action they have to take on that day, i.e., wear appropriate exercise clothes or sneakers to work, bring a yoga mat].**

We’ll see you **[when, where]** for National Get Fit Don’t Sit Day!

In good health,

**[Coordinator, Committee or CEO/Executive Champion]**

***[consider attaching the Word Search or one of the Tip Sheets from the toolkit]***