**Email 2— Week Prior to National Get Fit Don’t Sit Day**

**Subject: National Get Fit Don’t Sit Day is Next Week!**



Just a reminder that **[Company/Organization Name]** is participating in the American Diabetes Association’s **National Get Fit Don’t Sit DaySM** next Wednesday, May 4.

We hope you will join in the fun as we focus on getting up and moving as part of a healthy lifestyle that reduces your risk for type 2 diabetes and other health problems. Here’s what we’ve got planned:

**[add location and details about your activity—see pages 3-4 of the toolkit for ideas]**

Want to help spread the word? You can share your participation in **National Get Fit Don’t Sit Day** by posting this digital badge to your personal social media accounts:

**[Insert image for each digital badge below—you’ll find each in the Social Media Messages and Images subfolder in the Promotion folder.]**

* + - “I’m energized!”
    - “I’m up and moving!”

Please be 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]**.

In Good Health,

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

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