**Email 3——Day Prior**

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



Tomorrow is the American Diabetes Association’s **National Get Fit Don’t Sit DaySM.** We are committing to changing our sedentary habits and getting up from our work desks at least every 90 minutes.

Are you all set? As a reminder, here’s what we have planned to celebrate the day:

**[location and details about the activity you will be doing]**.

Don’t forget to **[any action they need to take to be prepared]**.

You can join the #GetFitDontSit conversation by posting these digital badges to your personal social media accounts:

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

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

**[If the company/organization has posted to social media, also include links to those messages so employees can share/retweet.]**

We’ll see you tomorrow 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]***