**Email 4—Day of Event**

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



Research shows that changing our sedentary habits is one of the most effective ways to prevent type 2 diabetes. That’s why **[Company/Organization Name]** is joining the American Diabetes Association’s second annual **National Get Fit Don’t Sit Day** today.

Today is all about drawing attention to the importance of getting up and moving throughout the day as part of a healthy lifestyle. The Association recommends that everyone get up and move at least every 90 minutes.

Here’s how we will get out of and away from our chairs today:

**[list organization activities for the day and encourage individualized activities]**.

To help raise awareness, share photos on social media as you and your colleagues take part in today’s fun activities—and use hashtag **#GetFitDontSit**!

Be sure to pick up your official National Get Fit Don’t Sit Day sticker **[add location]** and wear it to demonstrate your commitment to physical activity as part of a healthy lifestyle—at work and beyond.

Thank you for participating in **National Get Fit Don’t Sit Day!**

In Good Health,

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