



Recruitment Email

Use this email to recruit participants within your organization

It's time to get moving! With a little help from your peers, you can walk your way to wellness. Join *Health District On the Move* and have some fun getting more steps during your day!

Here's how the program works:

- Sign up for *Health District On the Move*
- Purchase a pedometer (if needed)
- Wear a pedometer and track your steps for 15 weeks
- Try to increase your steps by 10% each week to reach a 10,000 step per day goal
- Receive support and encouragement from your peers
- Have fun!

Contact me to sign up for *Health District On the Move* today!

