**Subject: 3 Tips for a Healthy You**

We all want to be healthy, but sometimes the idea of it seems overwhelming. You can make a few simple changes to your lifestyle that can increase your happiness and put you on the path to a healthier lifestyle.

Here are a few tips to get you started:

1. Drink plenty of water. We all get busy and forget to hydrate. Get a water bottle that you can take with you wherever you go to help keep you hydrated.

2. Get enough sleep at night. Sleep is important to both our physical and mental health. The American Academy of Sleep Medicine and the Sleep Research Society recommends that adults should get at least 7 hours of sleep a day.

3. The Centers for Disease Control and Prevention (CDC) recommends 2 hours and 30 minutes of moderate physical activity weekly. For example, taking a brisk walk. The CDC also recommends some type of muscle strengthening exercise at least 2 days a week.

Warmly,

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