Sample Emails

To inform and raise awareness of the importance of including physical activity throughout the work day; here are a few sample e-mails that can be used.

Subject: Fitting Physical Activity into your Work Day!

Did you know? According to the Canadian Physical Activity Guidelines, adults aged 18-64 years should accumulate at least 150 minutes of moderate to vigorous –intensity physical activity per week, in bouts of 10 minutes or more?

Here are some physical activity tips to help you get active during your work day
  • Take the stairs
  • Go for a brisk walk with colleagues during your lunch or coffee break
  • Deliver messages in person to colleagues-take a walk to their desk
  • Promote active breaks during meetings

By fitting physical activity into your daily life; you will feel better, increase your energy level, and improve your self-esteem.

Subject: Time to Get Active!

Did you know? Yes, you have time...Make Physical Activity part of your day! Add 10 minutes of physical activity here, and 10 minutes of physical activity there. It can begin to add up to 30 minutes or more a day and you will be on your way to leading a more active lifestyle that will benefit your health.

By fitting physical activity into your daily life, you will feel better, increase your energy level, and improve your self-esteem.