



# WELL-BEING CONTENT



## MONTHLY INSPIRATIONAL e\_MAILER

**KEEP THE MOMENTUM GOING** in your wellness marketing strategy with a motivating topic of the month communication.

**Includes:**

- Health Observances
- Topic of the month
- Healthy Reminders
- Recipe

**Delivered in PDF file that can be:**

- Emailed
- Posted online
- Print to display in breakrooms or restroom stalls.

**Personalize** by adding your logo, reminders or events!

**Distribute** to your employees, clients, patients, or community.

**Annual Subscription** includes 12 monthly one-page Inspiration e\_Mailers with your logo.



### Why Be Active

Discover YOUR reasons WHY you should be consistent with a regular exercise routine.

- It's time for yourself that you deserve to enjoy.
- To sleep better and improve your mood.
- Boost your confidence and feel good about yourself.
- Stay healthy to enjoy your retirement.
- Preserve your health for family and be there for many milestone-memories.
- Feel more energetic to do the things you enjoy in your leisure time.

**CHALLENGE: AIM FOR 30 MINUTES OF PHYSICAL ACTIVITY A DAY.**

**HUMMUS PIZZA**  
Whole Wheat Pita Bread • ¼ cup hummus

### Healthy Reminders:

- Protect your skin from the sun and do a head-to-toe self-exam of your skin. Learn about the warning signs of skin cancer and if you spot anything suspicious, see a doctor.



### Healthy Reminders:

- Make sure to get your flu shot.
- Stay healthy by washing your hands.

### ANNUAL SUBSCRIPTION

\$1800 per year (Includes logo)

### PERSONALIZED HEALTHY REMINDER SECTION

\$600 per year



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IP is a well-being company whose mission is to improve business performance by empowering employees to live more purposeful, happier lives that optimize vitality, inside and outside of the job.