



DEAR VALUED EMPLOYEE,

We want to help you maintain a healthy lifestyle — because it's no secret that living a healthy lifestyle can have some major benefits. Adding physical activity and nutritious food to your daily routine not only reduces your risk for chronic disease, but also enhances your physical and emotional well-being.

Work for Wellness is a statewide program that aims to bring wellness into the workplace. Take a look around the office, and you'll notice posters with helpful tips for how to increase physical activity, choose healthier foods, and reduce stress. Following this email, you will receive the first of several monthly emails, each containing a link to a goal-setting calendar full of daily healthy lifestyle tips.

WORK FOR WELLNESS CAN HELP YOU:

- **Develop healthier habits**
- **Maintain a healthy weight**
- **Improve physical fitness**
- **Enhance energy and mood**
- **Reduce stress and anxiety**
- **Improve focus and productivity**

If you have any questions, don't hesitate to contact Human Resources. For more information and downloadable materials, visit HealthyDelaware.org/Workplace.