

Healthie Challenge #<2> is packed with good things

Did you know that people who think more positively have a lower risk of heart problems, are less depressed and have better immune systems?* Yup, you can't make this stuff up! So let's start a positivity revolution right here at <company> with a new Healthie Challenge. You remember the healthie; that's a selfie you take while doing something healthy. And we can't wait to see what you've got!

Ready? Here's Healthie Challenge <#>: Good Things

Catch yourself being optimistic, cheery, grateful and downright joyous and watch what happens. Not only will your body work better, but you may just become a good will spreader. So let's get started! As a reminder, here's how the Healthy Challenge works:

- Look for Healthie Challenge #<2> inspirational updates.
- Take your incredibly good healthies and post them on your favorite social media site using “#<companyname>healthiechallenge.”
- Search the hashtag and see how your coworkers are stacking up.
- Keep score with the healthie tracker we sent you. You never know when you might need healthie proof!

What's next?

We'll keep you posted. But for now, keep the good health and good healthies coming!

*The Mayo Clinic website: *Positive thinking: Stop negative self-talk to reduce stress.* (accessed June 2016): mayoclinic.org.