Email Newsletter Examples

**Tip of the Week**

**SHIFT YOUR MOOD WITH MUSIC**

Start your week off with music that makes you happy. Then listen through the week whenever you need a refresh!

Music has the power to shift your mood in the direction you desire. Find your genre and music that resonate with your feelings.

**Move It Monday**

- **Prioritize Exercise**
- **Tomato Spaghetti**
- **Kosher Burger**

**Build Confidence with a "Can Do" Attitude**

What if you could dip into a well at the start of the week and pull out your best self? Your best self is your best possible self.

- **Choose a challenge** you have in the coming week, such as running a race or making a difficult call.
- **Motivate** it step-by-step in your mind, imagining it as successfully as possible.
- **Engage** all your senses to feel the details: seeing, hearing, etc.
- **Release** all the self-doubt and self-criticism—"Yes if your 100% success has already happened.
- Repeat this process several times a day until you actually accomplish your task.

**How to: FUEL UP for EXERCISE**

Want to ensure your exercise program is fun, safe, and successful. Use these tips to fuel you for exercise!

**Fitness Challenge**

**Monday Motivation**

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