**Jump Shot for Health Walking Group Toolkit Supplemental Copy**

In this document, you will find copy for the emails and newsletter blurb referenced in the JSFH Walking Group Toolkit

1. Email 1: Walking Group Introduction & Save the Date
2. Newsletter Blurb
3. Email 2: The Reminder
4. Email 3: Launch Day

**Email 1: Walking Group Introduction & Save the Date**

[Subject Line:] We’re stepping up for [Georgia/our] students. You in?

[Body:]

**Are you ready to step up for Georgia students?**

Dear [name],

Seeing the commitment that colleagues like you show day in and day out makes me extremely proud to be [title] of [organization name]. It also makes me excited to share opportunities that can help us all improve our well-being, while giving back to Georgia youth. The Jump Shot for Health Challenge provides an opportunity for us all to make a difference at [Title 1 schools/our school]—just by taking a walk.

**What is the Jump Shot for Health Challenge:** Jump Shot for Health is a four-part steps challenge aimed at fostering participation in the *Be Well SHBP®* well-being program and encouraging physical and mental well-being through increased movement. Created with Georgia in mind, this program will inspire physical activity, promote healthy interactive space for participants to track their daily steps progress, and compete against other teams for the chance to support a Title 1 school in your community. Visit Bewellshbp.com/jump-shot-for-health to learn more.

**Why it’s important for you**: Since most of us spend about a third of our waking hours at work, we have a chance to move in a healthier direction, together.

**What we’re doing to support Jump Shot for Health school teams:** On [date], we’re launching walking groups to keep each other motivated, engaged, and accountable.

I’d like to invite you to join me and our colleagues as we help [Georgia schools/our school] while moving toward a healthier, more connected workplace together. If you haven’t already joined the challenge in the Sharecare app, we’ll help get you set up at our first walking group meet-up.

**Walking Group Kickoff**

**Date:**

**Time to Time**

**Location:**

Thank you for your commitment—I hope to see you on the leaderboard!

[Your name]

**Newsletter Blurb**

**THE JUMP SHOT FOR HEALTH PRE-SEASON DRAFT IS ON!**

WE’RE STEPPING UP FOR GEORGIA STUDENTS. YOU IN?

The Jump Shot for Health steps challenge is coming soon, and we’re forming walking groups to help motivate each other and rally our team to the top of the leaderboard. Every step you take helps [one Georgia school/our school] get closer to winning a basketball court makeover and increases your odds of winning an individual prize. Join us at the walking group launch event to learn more and join the Jump Shot for Health Challenge.

**[Date]**

**[Time]**

**[Location]**

**Email 2: The Reminder**

[Subject Line:] One week until we start walking toward a healthier [school/worksite name]

[Body:]

**IT’S MORE THAN A WALK.**

**IT’S A MOVEMENT.**

**Don’t miss the chance to step up for [Georgia/our] students.**

Join us at the Jump Shot for Health walking group event to learn more and get drafted to your JSFH team.

[Date]

[Time]

[Location]

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**Email 3: Launch Day**

[Subject:] Today’s the day! Don’t miss the Jump Shot for Health walking group launch event.

[Body:]

**DON’T MISS YOUR CHANCE TO GET DRAFTED THIS PRE-SEASON**

Join us at the Jump Shot for Health walking group launch event to learn more and meet fellow players.

[Date]

[Time]

[Location]

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