**Heart Month 10 Minute Challenge Email Template**

Use the text below the line as a template for an email to tell your colleagues about the challenge.

Colleagues,

This February we’re celebrating **Heart Month**, the perfect time to show some love for your heart.

The British Heart Foundation is challenging us all to take the **Heart Month 10 Minute Challenge**.

There will be 10 working days of simple challenges to complete between **16 February** and **27 February** –one challenge per day.

Just ten minutes a day are all it takes to start making some small changes, which can help protect your heart.

Taking small actions like going for a walk in your break or swapping a sugary or salty snack for fruit can make a real difference and set you up to develop a healthier lifestyle.

**Get involved**

[Describe how you will communicate the challenge and get people involved, e.g. *Look out for the daily challenge posters in the staff room from 16 February.*]

[Describe any motivational tools you will be using, e.g. ‘*Everyone who completes all ten days of challenges and submits their worksheet to Judy will be entered into a prize draw to win a fruit basket.*]

[Your name]