

Healthy Challenge <#1> is on

It's time to start the Healthie Challenge at <company>. In case you missed it, we're challenging all of our associates to start "picturing" better health. To do it, you take a healthie – that's a selfie of you doing something healthy. Then, share it with the world. During the next few weeks, you'll get four Healthie Challenge topics and inspirational reminders. Snap your healthies based on the current topic and **share it!** That's when the competition really heats up.

Ready? Here's your first healthie topic: Laugh more ... it matters!

Why? Because when you laugh, your body responds like this: Your blood pressure goes down, your stress goes down, your cholesterol levels improve and you can actually reduce your risk of heart disease. So yes, laughing is **seriously** good for your health. Now, get your laugh on and begin:

- Look for Healthie Challenge inspirational updates headed your way. "Laugh more ... it matters" is the first challenge.
- Get snappy! Take healthies. Include friends and family members (humans and non). The more, the healthier.
- Post healthies on your favorite social media sites with **"#<companyname>healthiechallenge."**
- Search that hashtag and check out the healthie competition.

What happens next?

There's lots more to come, but for right now, let the healthie games begin!