

## 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](http://mayoclinic.org).