**Encouragement email**

Subject Line: You’ve helped us take more than (insert team total steps or overall APHA challenge steps) steps already!

Dear friend,

Collectively, we have already walked more than (insert team total steps or overall APHA challenge steps) steps! But we still have a long way to go. Are you challenging yourself to walk more often and a little further? There are so many great reasons to take a walk:

* Spend quality time with family, friends or dogs.
* Clear your mind, listen to music and de-stress.
* Get co-workers out of the office and brainstorm new ideas.
* Every walk can be an adventure.
* Meet people – it’s surprising how many neighbors you meet on a walk.
* Discover new businesses in your area.
* It’s good for your heart, your blood pressure, your weight, your bones, your mind…

Share your favorite reasons to enjoy walking at [#APHABillionSteps](https://twitter.com/hashtag/APHABillionSteps?src=hash) and be inspired by others. And don’t forget to get your friends and family to [join the challenge](http://www.nphw.org/get-involved/steps-challenge). We all need more fun, healthy habits!

Sincerely,

Insert your name