**Invitation email**

Subject Line: Join our walking challenge & help us take 1 billion steps

Dear friend,

We know 1 billion sounds like a lot. But if we all come together and do our small part, we can easily reach 1 billion steps and beyond.

We know regular physical activity like walking can greatly reduce the risk of conditions such as diabetes, obesity, heart disease and cancer. Walking can be relaxing, spiritual, or when we do it together, it can be just plain fun.

That’s why we are joining APHA’s 1 Billion Steps Challenge. We’ve created a team called (insert team name, organization name or community name) so we can all enjoy walking together.

[**Join our team in APHA’s 1 Billion Steps Challenge today!**](http://nphw.org/get-involved/steps-challenge)

It’s always more fun when you exercise with others. Take family walks, schedule walking meetings at the office, walk your children to school – the more people who join, the quicker we’ll reach 1 billion steps. Plus, we’ll be encouraging healthy habits among our family, friends and co-workers!

I’ll see you on the walking trails!

Sincerely,

(Insert your name)