Dear XXXX Employees,

El Arroyo, a local Austin restaurant posted a sign that caught my attention a few days ago that said, “*when you realize that 2022 said out loud is 2020 too!”*

Joking aside, as we move into 2022 we hope you know how important your health and well-being are to us at XXXX. The New Year often brings with it feelings of hope and opportunities for change.

In the spirit of change, there are two webinars in January that will help us to reflect on our values to put together a road map for success in the coming year:

* January 13, 10-11 a.m. CT, [Envisioning your Future and Setting Goals webinar](https://register.gotowebinar.com/register/7596616415945232143)
* January 20, 10-11 a.m. CT, [1° of Difference: Changing one habit can change your life webinar](https://register.gotowebinar.com/register/1372657124081952783)

[Remove the below paragraphs regarding Get Fit Texas if your agency is not participating]

Also, the 10-week [Get Fit Texas Challenge](https://getfittexas.org/), taking place from **January 10 to March 20, 2022**, is a great opportunity to make physical activity a priority and a habit by logging 150 minutes of physical activity, including walking, each week starting January 10th (register [here](https://getfittexas.org/)). Also, you can earn XXX time off for completing the challenge. [Add any other incentive options]

To support your physical activity, you can join free virtual fitness sessions throughout the challenge period, including:

* A 9-9:15 a.m. morning “Mindfulness, Movement, & Motivation” check-in on Zoom, led by various state agency employees
* A 12-12:45 p.m. virtual fitness class led by state agency employees (including Zumba, Strength Training, Foam Rolling/Recovery, Desk Stretches & more!)

The virtual fitness offerings provide a great way to connect, learn and move toward a shared goal of health and well-being. You can find the full calendar of events through the [Get Fit Texas Fitness Calendar](https://getfittexas.org/).

As always, the [ERS Walk and Talk Podcast](file:///C:\Users\LWolff\AppData\Local\Microsoft\Windows\INetCache\Content.Outlook\YR0C7SZ0\ERS%20Walk%20and%20Talk%20Podcast) is available on demand. This podcast provides informative and inspirational conversations with researchers, state employees, and experts in the field of health and wellness on a vast array of topics. You are encouraged to engage in physical activity while listening. *Walk* is in the title, but any form of movement is acceptable!

Wishing you a happy & healthy New Year,

Your wellness coordinator