

## Wellness Employee News

**Deliver:** May 17<sup>th</sup>

**Subject:** Discounted Health Club Offer



### Discounted Health Club Offer!

Engaging in regular exercise is one of the most effective ways to maintain a healthy lifestyle. Physical activity can boost your mood, strengthen mental health, promote quality sleep, and lower risk of chronic illness.

Human Resources *Wellness Works Here* and the Redlands Fit Body Boot Camp are partnering to bring all San Bernardino County employees an exclusive health club offer! You can enroll now by clicking [here](#) for a discounted rate of just \$35, no hassle, no contract. Membership includes unlimited workouts, curated meal plans customized to your individual needs, monthly nutrition classes and body mass index monitoring.

Don't miss out on this opportunity to boost your physical wellness and be sure to track your activity on [Wellable!](#)

For additional questions, please contact [mhm@hr.sbcounty.gov](mailto:mhm@hr.sbcounty.gov).

