Washington Moves Event (SEBB)

# How to use

1. Share the message below to promote the Washington Moves event on SmartHealth, which runs from May 24 through June 4, 2021.
2. The message is ready to use as is or you can edit to make it work for your organization.

**MESSAGE BELOW**

**Subject/header:** Join Governor Inslee for the Washington Moves event

Governor Inslee encourages you to join him for the virtual SmartHealth Washington Moves event between May 24 and June 4.

This event is for all eligible SmartHealth participants—all ages and abilities. Any type of movement that gets you breathing harder and your heart beating faster for about 25 minutes at a time counts. Walking, dancing, chair aerobics, rowing, whatever you like.

Movement helps your well-being and quality of life. It can:

* Improve mental health by lowering your stress.
* Lower your risk of certain conditions like heart disease, diabetes, and cancer.
* Help with your weight.

You’ll earn 200 SmartHealth points for participating virtually from wherever you are.

Get an extra 25 SmartHealth points by using the hashtag #wamoves in the SmartHealth community feed. You can even share photos of how you’re getting your movement in.

Remember to mask up and practice social distancing.

Learn more about SmartHealth on [HCA’s website](https://www.hca.wa.gov/employee-retiree-benefits/sebb-smarthealth) and then visit [SmartHealth](http://smarthealth.hca.wa.gov/Home) to get started!

The SmartHealth Team

*Supporting you on your journey toward living well*

**[](https://smarthealth.hca.wa.gov/)**