

Dear [Employee/Participant Name],

We are excited to introduce our new wellness program aimed at preventing lifestyle diseases and promoting overall well-being. As part of this initiative, we encourage you to set personal health goals that align with our program objectives.

Your Lifestyle Disease Prevention Goals

- Increase physical activity by engaging in at least 30 minutes of moderate exercise five days a week.
- Incorporate more fruits and vegetables into your daily diet, aiming for at least five servings a day.
- Reduce stress through mindfulness practices, such as meditation or yoga, for at least 15 minutes daily.
- Commit to regular health screenings and check-ups to monitor blood pressure, cholesterol, and glucose levels.
- Limit processed foods and sugary beverages, striving for a balanced diet.

We believe that with commitment and support, you can achieve these goals and lead a healthier lifestyle. Please feel free to reach out for resources or guidance as you embark on this journey.

Sincerely,
[Your Name]
[Your Title]
[Organization Name]