Help your employees stay active this winter

**How to use this toolkit:** Staying active during every season can be difficult, especially during the cold, dark winter months. However, maintaining physical activity year-round holds countless holistic health benefits. Share tools with your employees to help them learn the many benefits of winter exercise, how to stay active this season, and how to prepare for safe winter workouts. Share these resources, as well as the mental health and wellness resources included in your BHT benefits package. You’ll find a topical article and message you can copy and easily send to your employees.

**Included in this toolkit:**

|  |  |
| --- | --- |
| **Graphical user interface, text, application, chat or text message  Description automatically generated** | **Premera Plan Members**: Email article, text message, graphic, and flyer customized with resources included in your plan. |
| **Text  Description automatically generated** | **Kaiser Plan & Small Group Plan Members:** Email article, text message, graphic, and flyer customized with resources included in your plan. |

**This month’s toolkit:** use the links below to download your toolkit including messages and flyer.

**Premera Plan Members:** [Frosty Fitness: Tips for Safe Winter Workouts](https://businesshealthtrust.com/wp-content/uploads/2023/11/bht-employer-toolkit-flyer_premera_december-2023.pdf)

**Kaiser Plan Members:** [Frosty Fitness: Tips for Safe Winter Workouts](https://businesshealthtrust.com/wp-content/uploads/2023/11/bht-employer-toolkit-flyer_kaiser_december-2023.pdf)

**Kaiser Plan Small Group:** [Frosty Fitness: Tips for Safe Winter Workouts](https://businesshealthtrust.com/wp-content/uploads/2023/11/bht-employer-toolkit-flyer_kaiser-small-group_december-2023.pdf)

This month we’ve included an image in your toolkit so you can easily copy and paste the entire message with graphic into your email program.

**A group of people taking a selfie in a forest

Description automatically generated**