

EMAIL: Benefits of Exercise

SUBJECT:

Why Exercise?

MESSAGE:

Hi [Name],

Some people have asked me why I chose to participate in the Camp He Ho Ha Move, Groove & Improve Challenge – an exercise challenge...

Aside from wanting to support the mission of Camp He Ho Ha, I also wanted to spread awareness on the benefits of exercise for people with all types of abilities.

For some, exercise is part of living an active lifestyle or a healthy way to blow off steam. But for people living with a disability, exercise is a crucial part of managing their mental health and living well. Did you know that according to a study in the [Behavioural Brain Research Journal](#), moderate self-selected exercise for 30 min, enhances self-esteem, and increased activity in the sensory, motor, and association areas of the brain?

I accepted an exercise challenge because exercise is medicine for the brain!

Please consider donating to my Move, Groove & Improve campaign at [\[insert personal campaign page link\]](#) from now till August 14, 2021, to support Camp He Ho Ha. Don't forget to share my page with your friends and family.

Thank you so much for your support! It really means a lot to me.

Thanks,

[Insert Name]