

# Healthier 901 MSCS School Challenge: Newsletter or Social Media Copy



## Template

### **Staff, Parents and Neighbors Join the MSCS Schools Challenge today!**

We are excited to announce that we have joined Methodist Le Bonheur Healthcare's Healthier 901 movement. MLH is challenging the Mid-South community to lose 1 million pounds in three years.

Heart disease, cancer and cardiac issues are the three leading health concerns in our community and weight is closely linked to all of these.

This initiative is not solely about numbers on a scale, but you lead happier, healthier and longer lives.

Even if your goal isn't to lose weight Healthier 901 has something for everyone, including tools to live a healthier more active lifestyle.

You can join us in reaching our community goal to lose 1 million pounds by joining us and encouraging others to join the challenge. We need your help to register and activate xxxx people.

Join us. It's Easy!

- Download the Healthier 901 app from the Apple App Store or Google Play Store. Follow the prompts on the app to register.
- No smartphone? No problem. Visit [Healthier901.com](http://Healthier901.com) to create an account.



Once you've registered, visit the Challenges section and find our school name and sign up!