**Sample Letter of Support – Starter Draft**

*A letter from your company’s CEO or head of HR can be a great way to encourage employees to get involved in your wellness program. Below is some suggested language; you can customize as needed to suit your senior leaders and your employees.*

### [Company logo]

[Date]

Dear [Company] Employees:

Wellness is an important part of our worksite culture. We believe that a healthy workforce is a happy workforce. Research has shown that promoting health and wellness at work can improve employee morale and decrease stress.

The company’s wellness goals are to offer employees programs, resources and activities that support and encourage a healthy lifestyle including nutritional, physical, and emotional wellbeing. As a company, we will work hard to pursue activities and events that will not only improve quality of life but also to have some fun at work.

The senior leadership strongly supports and promotes an environment of wellness by taking part in activities, encouraging employees to participate, allowing flexibility in schedules to accommodate activities and providing funding for the program.

On behalf of the senior leadership, please know that we are committed to wellness.

Sincerely,

[Signature]

[Senior Management Position]

Adapted from the University of Washington, Health Promotion Research Center HealthLinks Toolkit. Available at: <https://depts.washington.edu/hprc/healthlinks-training-resources/toolkits-and-other-resources/1-getting-started/>