

# found

## **July: Mid-Year Reset: Mind, Body, Purpose**

**Subject:** Your July Reset: Mind, Body, and Purpose

Hi [Name],

Happy July! We are officially halfway through the year, making it the perfect time for a Mid-Year Reset. This month, we are focusing on aligning your physical health with your personal purpose.

The Found app is designed to support this holistic view of health. Whether you are using our interactive educational content to shift your mindset or connecting with your certified health coach to refine your "why," we are here to help you stay anchored in your goals.

### **Take a moment this week to:**

- **Check in with your Coach:** Use this time to check in and reset your goals for the second half of the year.
- **Find Your "Why":** Use our in-app behavioral tools to reconnect with the purpose behind your health journey.

[\[Button: Start Your Reset\]](#)

Best,

[HR/Benefits Team]