**Lesson 2: Get Moving!**

**Email Template**

**For individual participants (free living participants)**

*Before the* ***Lesson 2: Get Moving****!* *Discussion with participant(s), copy and paste the information below into an email (choosing the information for a phone call OR a video conference).*

**Subject Line:** Information about CSU EFNEP Classes – Please read.

Dear (insert participant name),

Welcome back to EFNEP and *Eating Smart • Being Active*! We are scheduled for a Live Discussion **on (Insert date of lesson here) at 1:00pm** for Lesson 2: *Get Moving!*

Here is the information for the video conference Live Discussion:

Join Zoom Meeting

<https://zoom.us/j/91852525562?pwd=RzBxWEhGcm9KaXhNNGQrZVY1dCtMQT09>

Meeting ID: 918 5252 5562

Passcode: 588893

**Prior to the Live Discussion on (Insert date of lesson here), please complete the following:**

1. Watch the Online Lesson Video for [Lesson 2: *Get Moving!*](https://vimeo.com/431641927/6f590e8d2e)
2. Watch the recipe video for this lesson’s featured recipe: [Skillet Lasagna](https://vimeo.com/544618530/7d904fcb75)
	* If possible, prepare the [Skillet Lasagna](http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2018/12/English-Spanish-Skillet-lasagna.doc)
	* Please also watch the videos linked below. These videos will help you with important elements in the kitchen and will provide information for handwashing and accurate measuring.
		+ [Handwashing](https://vimeo.com/556477487/667340c5cd)
		+ [Accurate Measuring](https://vimeo.com/556461411/040122c0e3)
3. Be active with any of the [Walk Indoors video segments](https://efnep.rutgers.edu/efnepContent.php?l=eg&c=Exercisevideos).
4. Download the *Eating Smart • Being Active* mobile app using the following instructions
	* For iPhones: <http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2016/12/Downloading-the-ESBA-Mobile-App-for-iPhone-handout.docx>
	* For Androids: <http://eatingsmartbeingactive.colostate.edu/wp-content/uploads/2016/12/Downloading-the-ESBA-Mobile-App-for-Android-handout.docx>

**During our Discussion, I will review some of the main points from the Online Lesson Video:**

1. Why physical activity is important.
2. How to be more physically active.
3. How much physical activity we need.
4. Food safety and food preparation tips for making our Skillet Lasagna recipe.

I look forward to speaking with you!

Sincerely,

(insert your name)