

Monday Messages

Need a nudge to get going on Monday? Need to get to the gym? Want to get up for breakfast?

Let our Monday messages remind you to start the week on a healthy note. Get the word out using phone bulletins, mass emails, posters, weekly newsletters or memos—whatever works where you are.

Get your messages directly from the health experts at Columbia University Mailman School of Public Health. We won't bore you with dull and drab scientific jargon—our e-messages are fun, light and best of all, good for health.

Sign up to receive Healthy Monday messages in your inbox every Monday morning by clicking on the “opt in” button located on the homepage.**

Want the messages delivered directly to your classmates, colleagues or community members? **Contact us** to find out how you can customize and deliver these messages to your group to start each week on a healthy note!**

Sample Monday Messages:

Subject line: It's Monday—Get the Kinks Out



Message:

Our cats know the importance of stretching. Stretching lengthens a muscle, putting tension on it and the connective tissue that connects it to our skeletal system. When released, our muscles are more flexible, making us more agile.

Subject line: It's Monday—Leave 'Em Laughing



Message:

Research shows that people with a sense of humor and people who enjoy a good chuckle, are happier, less often feel sad or depressed, and have a healthier outlook on life. Read the funnies today. Tell a friend a joke.

Subject line: It's Monday—Walk the Dog!



Message:

Walking is an excellent exercise that requires no special equipment. A brisk 15-20 minute walk can burn 100 calories, and improve circulation and heart rate. And it's a great way to make new friends.

** Healthy Monday does not sell e-mails or other contact information to third parties.