**Week 3 - Email**

**Subject**: A healthier gut = a sharper you

Hi all,

Welcome to Good Gut Month at [Your Company’s Name]! When your gut is healthy, your whole body functions better—including your brain! Each week, we’ll share tips and ideas to help you learn and boost your gut health. This week, we're focusing on how gut health impacts your energy, focus, and productivity at work.

**How your gut affects your workday:**

* Gut inflammation can cause brain fog and fatigue
* Your gut microbes produce short-chain fatty acids that fuel brain cells
* Sleep quality is linked to gut health, affecting your next-day performance

**Daily actions for a productive gut:**

* **Morning:** Drink water first thing instead of checking your phone
* **Lunch:** Add a small portion of fermented food to your meal like kimchi or yogurt
* **Afternoon slump:** Choose a high-fiber snack instead of sugar
* **Evening:** Get exposure to natural light during the day and limit screen time before bed to support your gut-sleep connection

**Challenge of the week:** Try our "Gut-Friendly Work Day" plan—drink at least 8 glasses of water, add one prebiotic and one probiotic food to your meals, and take a 10-minute walk after lunch.

Here's to a more energised and focused workplace!

[Your Signature]