**Week 4 - Email**

**Subject:** Keep your gut happy and healthy

Hi all,

As we wrap up Good Gut Month at [Your Company’s Name], let's focus on how to maintain these healthy habits year-round. Remember, the most successful changes are small and consistent.

**Key takeaways from Good Gut Month:**

* Diversity in your diet equals diversity in your gut microbiome
* Your gut health affects your immune system, mental health, and energy levels
* Small, consistent changes make the biggest impact over time

**Simple habits to continue:**

* Aim for 30 different plant foods each week
* Stay hydrated throughout the day
* Include regular movement in your routine
* Monitor changes in your digestion and seek advice if needed

**Challenge of the week:** Reflect on the changes you've made this month. Which ones made you feel better? Choose 3 gut-friendly habits to continue beyond this month.

Thank you for participating in Good Gut Month! Remember, a healthy gut supports a healthy body and mind all year long.

[Your Signature]