The Lifestyle Profile

Invitation Letter to Residents

[Date]

Dear Resident or Team Member,

[Community name] is committed to creating an environment that supports your continued growth and contributes to your journey to good health and purposeful longevity. As part of this commitment, I’d like to personally invite you to participate in the Lifestyle Profile.

The Lifestyle Profile is a set of fill-in-the blank statements and instructional videos that encourage you to reflect on your wellbeing in six areas of focus: physical health, movement and motion, intellectual vitality, social engagement, personal attributes and your sense of peace & fulfillment. The Lifestyle Profile is designed to be completed online, will take about 8-10 minutes, and your responses will be private to you and will remain confidential.

Your lifestyle habits are important determining factors for what your health will look like. The Lifestyle Profile will give you the opportunity to take a closer look at your everyday actions and how they are in alignment with a lifestyle that will contribute to health and longevity. Once you’ve completed your responses, a brief lifestyle summary will be generated that will serve as a starting point connecting you to content such as videos, articles and audio podcasts that are personalized to you and your current lifestyle. This experience is driven by you—the participant—and you will be able to return to the statements at any time as you experience transitions or focus on growth in one of these lifestyle areas. In addition to educational content, you will be supported with guided decision-making as you choose action steps that focus on growth in the foundational areas of focus.

Your participation supports both you and our community. By contributing responses, you will support [community] in creating data-driven lifestyle offerings that will be used to enhance our lifestyle brand.

It’s never too late to begin making lifestyle choices that support healthy longevity. Ask yourself, “What do I want my future to look like?” Participation in the Lifestyle Profile is designed to start you on a journey that’s proven to garner many wonderful benefits.

Thank you,

[Executive Director]