A GIFT FOR YOU

A healthier year, *with love*

Real food, simple daily habits, gentle movement and a friendly community, from Healthy Everyday.

A whole year of Healthy Everyday

To _____

From _____

WRITE YOUR MESSAGE INSIDE — FOLD HERE

HEALTHY EVERYDAY
RECIPES FOR LIFE

How to open your gift

1. **Find the gift email** from Healthy Everyday, sent to the address below. Check your spam or promotions folder too.

2. **Tap the button** in the email to open your gift, and set up a password.

3. **Open "Start here"** and tick the two boxes. Your membership opens straight away.

Sent to (email) _____ It arrives on _____

Need a hand? Visit **healthyeveryday.com/gift#redeem** or email **support@healthyeveryday.com**
It's already paid for. No card is needed to open it, and it never renews.

Healthy Everyday shares general information, not medical advice. Please check in with your health professional if you're pregnant, have a health condition or take medication.
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