

Sent: Saturday, December 10, 2016 2:33:22 AM
To: jeevacation@gmail.com
From: Withings [REDACTED]
Subject: Don't let the holidays derail your active lifestyle

The wind may be blowing and the snow falling, but there are still plenty of reasons to stay active throughout the winter.

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Step it up for a longer life

The key to living longer may be as simple as meeting your daily step goal each day—especially with the help of an activity tracker. A recent study revealed that subjects who used activity trackers, and thus were more active, had a lower all-cause mortality risk.

[Get the details](#)

New year, new blog

We know it's not January 1st yet, but we simply couldn't wait to unveil our new Withings blog. Complete with a fresh look, user-friendly design, and even more exciting content, we hope it inspires you to lead a healthier life. For a healthy dose of activity motivation, check out some of our top stories.

Nicolas shed 40 pounds with the help of his Activité Pop →

After 22 weeks of training, Rachel raced 44,000 steps to the finish line →

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