

[Your Address]

[City, State, Zip Code]

[Date]

Dear [Friend's Name],

I hope this letter finds you in great health and high spirits! I've been thinking about you lately and wanted to catch up on how you're doing.

Life has been treating me well, and I've been focusing on staying healthy--getting plenty of exercise and eating right. How about you? I've heard some great tips on maintaining our health lately and would love to share them with you.

Let me know when you're free to chat! I miss our hangouts!

Take care, and don't forget to stay active!

Warm wishes,

[Your Name]