



American Heart Association.
Healthy for Good™



Healthy Living For All ... Why? *Life. Life is why.*

Locally Sponsored By



Take Action To **MOVE MORE ALL YEAR LONG!**

#1 ... COMMIT. Foster a culture or environment of **MOVEMENT** and activity at your workplace or organization. Engage leadership or champions. Utilize and share the information and resources with employees, students, members and others. Talk about and reinforce the importance of being physically active.

#2 ... MOVE MORE. Use the Resource Activation Guide to plan and hold a **VIRTUAL** or **IN-PERSON** activity or series of **MOVEMENT** activities during April or throughout the year. Consider planning and holding a fun, engaging and healthy **MOVEMENT** activity during American Heart Association National MOVE MORE Month or at anytime.

#3 ... MOVEMENT MEETINGS. Encourage and commit to more **IN-PERSON** or **VIRTUAL** walking **meetings**, walking-in-place **meetings**, or movement **meetings** throughout the year. **MOVE & MEET!!**

#4 ... Be SOCIAL. Be active on **social media**. Include **#LifeisWhyNJ** in all of your social media posts. Tell us about your MOVE MORE activities. **Share photos** of creative, funny, fun **MOVEMENT** activities or events. **#MoveMoreMonth**.

#5 ... Have FUN, Learn MORE, ASK US. Make physical activity and **MOVEMENT** education and activities **FUN**, creative and engaging. Learn **MORE** about some of the **FREE** programs, initiatives and resources in this free kit. Ask us questions and access more tools and resources. Visit www.heart.org/MoveMoreTogether

The American Heart Association **Healthy for Good** movement is designed to inspire lasting change through small, simple steps in four key areas: **Eat smart. Move more. Be well.** The American Heart Association **Healthy for Good** movement is about simple sharable science and features a wealth of resources that will continue to expand, and includes articles and videos, tips and ideas, infographics, social media, healthy recipes, and more. Visit ... www.heart.org/healthyforgood

Find Your Fierce in Movement!

