



April 3, 2020

Dear Friends. Let's **MOVE MORE ... ALL MONTH LONG!**

We hope that you, your family, friends and coworkers are safe and sound and that you are taking all precautions to keep yourself and others healthy and safe during the coronavirus (COVID-19) outbreak. Staying active during this time is very important. The American Heart Association is pleased to share with you this 2020 American Heart Association (AHA) National **MOVE MORE** Month (April) resource toolkit. Take an active role to foster and support a culture of movement and activity, even **virtually**.

Look for ways you and your audience can **virtually** get more active throughout the day. According to the U.S. Department of Health and Human Services Physical Activity Guidelines for Americans released November 2018, only 26 percent of men, and 19 percent of women, get enough activity to meet the physical activity recommendations.

Physical activity leads to better brain health, sleep, memory and overall quality of life. Even small bouts of physical activity improve health, so let's get **MOVING ... VIRTUALLY ... ALL MONTH LONG**. The American Heart Association encourages your audience/employees to find more ways to move throughout your day. Hold **VIRTUAL MOVEMENT** meetings during April and May. Hold fun, healthy National **MOVE MORE** Month activities, contents or challenges **VIRTUALLY** throughout April and May.

You'll find supporting messaging, resources, and additional ideas and materials within this AHA National **MOVE MORE** Month resource kit. In addition to the AHA National **MOVE MORE** Month resources, we encourage you to learn about:

- ❖ The FREE AHA Online **SUPPORT** Network ... a virtual online "warm blanket" for patients, caregivers, family members, or anyone. **Lifting others up** is why.
- ❖ Need help with healthier **food and beverage guidance** at your workplace? Download the FREE Healthy Workplace Food and Beverage Toolkit.
- ❖ Visit [www.heart.org](http://www.heart.org) for a tremendous **menu of diverse COVID-19 resources** covering what patients should know, healthcare workers, movement and virtual workouts, healthy at home, mental health and resilience, managing stress, sleep health, eating healthy at home, and much more.

Let's **MOVE MORE – VIRTUALLY – ALL MONTH LONG ... during April and beyond!** Thank you for supporting American Heart Association Healthy For Good™, National **MOVE MORE** Month and the importance of being active by **MOVING MORE**. Be creative and have fun. **MOVE MORE** and **Make it Count!** Learn more by visiting [heart.org/MOVEMORE](http://heart.org/MOVEMORE).

Sincerely,

The American Heart Association

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