



American Heart Association®
National MOVE MORE Month Resource Kit
Locally Sponsored By



March 30, 2020

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

ADP, Inc. and the American Heart Association are excited to share with you this 2020 American Heart Association (AHA) National **MOVE MORE** Month (April) and National **MOVE MORE** Day (April 1) resource toolkit. With everyone currently navigating the unprecedented challenges of the global COVID-19 pandemic, it's perhaps more important than ever to take an active role to foster and support a culture of movement and activity.

While many Americans are working remote and practicing social distancing, look for ways you and your audience can 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 and relieve stress, so let's get **MOVING ... ALL MONTH LONG**. ADP and the American Heart Association encourage your audience/employees to find more ways to move throughout your day at home. Hold virtual **MOVEMENT** meetings during April. Hold a fun, virtual National **MOVE MORE** Day activity on Wednesday, April 1.

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

- ❖ 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.
- ❖ Interested in **getting involved**? Refer to the enclosed overviews about local activities, events, observances and volunteer opportunities. Reach out to us with questions or to learn more.

Let's **MOVE MORE ALL MONTH LONG ... during April!** Thank you for supporting AHA 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!** Contact the American Heart Association New Jersey State office by calling (609) 208-0020 with questions. Learn more by visiting heart.org/MOVEMORE.

Sincerely,

Christopher Rush
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ADP
Chair 2020 Greater Northern NJ Heart Walk

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