



National MOVE MORE Month Resource Kit
Locally Sponsored By



2020 American Heart Association National MOVE MORE Month, MOVE MORE Day Resource Toolkit Table of Contents

- ❖ Letter – Thank You for Supporting 2020 National MOVE MORE Month, National MOVE MORE Day
- ❖ Overview – Resource Toolkit Table of Contents
- ❖ Actions Steps – American Heart Association National MOVE MORE Month
- ❖ Ideas/Content – Social Media Messages for 2020 AHA National MOVE MORE Month, Day Awareness
- ❖ Infographic – Cardiovascular Diseases Affect Employers
- ❖ Resource Guide – 2020 AHA National MOVE MORE Month, MOVE MORE Day
- ❖ Flyer/Poster – Let’s MOVE MORE All Month Long! to Promote Activity
- ❖ Overview – National MOVE MORE Month **Weekly Challenges**
- ❖ Infographic – How Much **Physical Activity** Do You Need? (adults)
- ❖ Infographic – **Physical Activity** Recommendations for Kids
- ❖ Infographic – Kids, **25 WAYS** To Get Moving at HOME
- ❖ Infographic – **10-Minute** Workout Anywhere
- ❖ Infographic – At Home **Choose Your Own Workout** Circuit
- ❖ Infographic – Get Into **Working Out**
- ❖ Infographic – **Dress** For Workout Success
- ❖ Infographic – Keep Your **Feet** Happy
- ❖ Infographic – Make Every **Move Count**
- ❖ Infographic – Warm Up To **Cool Weather Workouts**
- ❖ Infographic – Keep It Cool During **Warm Weather Workouts**
- ❖ Overview – American Heart Association **Online SUPPORT Network** (virtual “warm blanket”; share with all!)
- ❖ Overview – American Heart Association Healthy Workplace **Food and Beverage Toolkit** (free resource)
- ❖ Overview – American Heart Association FREE Workplace Check. Change. **Control. Hypertension Program** (ask us!)
- ❖ CALENDAR OF EVENTS & OBSERVANCES – 2020 New Jersey ... Be Active, Be Healthy, Be Involved!
- ❖ VOLUNTEER OPPORTUNITIES – New Jersey ... Find Your Interest/Passion, Get Involved, Make a Difference!

Questions or for more information, please contact: **Tami Reid**, American Heart Association New Jersey State Office, at Tami.Reid@heart.org. Also visit heart.org/MOVMORE.

