



National MOVE MORE Month Resource Kit
Locally Sponsored By



Take Action To **MOVE MORE ALL MONTH 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. Use the month of April to talk about and reinforce the importance of being physically active.

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

#3 ... MOVEMENT MEETINGS. Encourage and commit to more **VIRTUAL** walking **meetings**, walking-in-place **meetings**, or movement **meetings** during April – American Heart Association National MOVE MORE Month. Go **VIRTUAL!**

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

#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 at ... www.heart.org/healthyforgood

The American Heart Association **Healthy for Good** movement is designed to inspire lasting change through small, simple steps in four key areas: **Eat smart. Add color. 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.

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

