



National MOVE MORE Month Resource Kit
Locally Sponsored By



Observe and Promote

2020 American Heart Association National MOVE MORE Month, Day with ... IDEAS/Content for Awareness via Social Media

Share as many of the following social media messages as you can or wish to promote American Heart Association National MOVE MORE Month in April. You can share posts from the American Heart Association New Jersey page at [Facebook.com/AmericanHeartNJ](https://www.facebook.com/AmericanHeartNJ) or RT us on Twitter [@AHANewJersey](https://twitter.com/AHANewJersey). Also, follow us on Instagram [@AHANewJersey](https://www.instagram.com/AHANewJersey). Tagging us in your posts make us happy, too! Please remember to include [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ) in all of your posts! Include fun, creative photos of MOVEMENT ... walking, skipping rope, walking meetings, stationary cycling, walking in place, group hop, group stretch, group stair walk. **JUST MOVE!**

Facebook Messages, AHA National MOVE MORE MONTH

- Move more! Americans are spending more time sitting – at work, school or in front of a screen – than ever before. MOVE MORE this month and visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) for more tips. [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)
- This April, commit to move more and get healthy! Celebrate AHA National MOVE MORE Month, and visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) for more information on improving your health. [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)
- Only about 22 percent of American adults meet the federal physical activity recommendations for aerobic and strengthening activity. Join us for AHA National MOVE MORE Day on April 1 and visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) for more tips on how to get moving! [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)

Twitter Messages, AHA National MOVE MORE Day

- Move more! Celebrate AHA National MOVE MORE MONTH now and visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) for more tips. [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)
- Less sitting, more walking! AHA National MOVE MORE month is helping you find ways to stay more active. [heart.org/healthyforgood](https://www.heart.org/healthyforgood) [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)
- This April, get moving and healthy! MOVE MORE with us and visit [heart.org/healthyforgood](https://www.heart.org/healthyforgood) [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)
- Lace up your sneakers and MOVE MORE! [heart.org/healthyforgood](https://www.heart.org/healthyforgood) [#LifeIsWhyNJ](https://twitter.com/hashtag/LifeIsWhyNJ)

continued ...

2020 American Heart Association National MOVE MORE Month Additional Social Media Messages, Page 2

AHA National MOVE MORE Month

- ✓ As we kick off AHA National Move More Month this April, look for ways you can get more active throughout your day. Make every move count: <https://bit.ly/2US0skF> #MoveMoreMonth #LifeisWhyNJ
- ✓ As one of the most effective ways to lower chances of heart disease, physical activity leads to better brain health, sleep, memory and overall quality of life. Find out why being active is so important for your health and wellbeing, <https://bit.ly/2RBWr5V> #MoveMoreMonth #LifeisWhyNJ
- ✓ Even small bouts of physical activity improve health, so find more ways to move #MoveMoreMonth #LifeisWhyNJ
- ✓ AHA National Move More Month is part of the American Heart Association Healthy for Good™ movement, which inspires people everywhere to make lasting changes in their health and their lives, one small step at a time. <https://bit.ly/2Khe43l> #MoveMoreMonth #LifeisWhyNJ
- ✓ April is the perfect time to examine your personal exercise routine and make any adjustments needed. <https://bit.ly/2Q3a4up> #MoveMoreMonth #LifeisWhyNJ
- ✓ AHA National Move More Month can help you get started on the right path and is a good reminder that a healthy lifestyle is a daily effort. <https://bit.ly/2GmQ6Ge> #MoveMoreMonth #LifeisWhyNJ
- ✓ Small choices, made each day, add up to better your health. <https://bit.ly/2SOMToE> #MoveMoreMonth #LifeisWhyNJ

10 Ways to Move More While at Work

1. Take the stairs instead of the elevator whenever you can, for at least a floor or two. Once that gets easier, add another floor. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
2. Instead of using the breakroom or restroom closest to your workstation, use one farther away, maybe even on another floor – and take the stairs each time you go. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
3. If you sit at a desk, make it a habit to stand up every time you make or answer a phone call. March in place or pace in a circle to keep moving. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
4. Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
5. Keep small hand weights or a resistance band at your desk for bicep curls, lateral raises, rows, and overhead presses. Watch demos online or work with a fitness trainer to make sure you're doing exercises correctly to avoid injury. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
6. Walk to a coworker's desk or office to talk instead of using email, IM or the phone. The personal interaction is a bonus! <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
7. Join or start a recreational sports league at your workplace. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
8. Form a walking club or team to walk together at work and raise money for charity events like a Heart Walk in your area. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
9. Schedule walking meetings for informal discussions and brainstorming. Use a voice memo app on your phone to capture notes. You may find you're more creative on your feet! <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ
10. Get off the bus or train a few blocks early and walk the rest of the way to work or home. If you drive to work, park as far away from the entrance as you can. <https://bit.ly/2EoFwh0> #MoveMoreMonth #LifeisWhyNJ

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