



American Heart Association
Healthy for Good™



This month we will...
MOVE MORE
and MAKE IT COUNT!

The American Heart Association invites you to the:

National Walking Day
Virtual Step Challenge

While the coronavirus (COVID-19) continues to change our schedules and routines, we are undeterred in our mission to be a relentless force for a world of longer, healthier lives. The health and well-being of our community, our families, friends and loved ones near and far are paramount – today, tomorrow and always. With many workers practicing social distancing, working from home and schools closing, the American Heart Association continues to promote ways to adopt healthy lifestyle habits to move more, eat smart, add color and be well. That is why....

We are challenging your company to a continuous virtual walking event on **National Walking Day, **Wednesday, April 1st!****

Here's How it Works:

- Accept the National Walking Day Challenge by notifying us of your organization's participation by March 25th by emailing us at Cayla.DiGiovanni@heart.org
- We will send you materials to promote the competition internally and track your steps
- Ask your employees to sign up for 15-minute walking slots. The challenge begins in the morning at 8:30am-5pm EST on April 1st
- Following their 'timeslot' employees will take a screenshot of their wearable or tracker showing their steps and send into your designated point of contact internally

- You're also encouraged to post to social media using #MoveMoreDC (and tag local AHA – Twitter/Insta: @HeartofGWR and Facebook: @GreaterWashingtonAHA).
- At the end of the day, please send us your cumulative total steps taken!

For more information and tools for your company please email your AHA staff partners at Cayla.DiGiovanni@heart.org.

Especially in this time of remote work and social distancing, more than ever we need opportunities to stay connected to our colleagues. April is Move More Month and the American Heart Association is encouraging the nation to spend at least 30 minutes of their day briskly walking. While we all know that physical activity is critical to a healthy lifestyle, less than 50 percent of adults get enough daily exercise. To see the benefits of physical activity such as lower blood pressure, improved bone health, weight maintenance, better sleep and more energy, adults need at least 150 minutes of moderate exercise per week.

SAVE THE DATE:

Lawyers Have Heart 10K Race, 5K Run & Fun Walk

[REGISTER HERE TODAY!](#)

For questions on how to get your store involved, contact your American Heart Association staff partner at Patricia.Hevia@heart.org.

Locally Sponsored by:

