



American Heart Association®

Healthy for Good™

**MOVE  
MORE  
2021**



**F I N D   Y O U R   F I E R C E**

Want to get yourself and your company, organization or community moving again? Being more physically active will help us feel better and refocus on our physical and mental health as we emerge from an unusually stressful year.

**Join us for Move More Month this April.**

**Discover what will move you and others to Live Fierce and be Healthy for Good.**