



American Heart Association®
Healthy for Good™

LET'S MOVE MORE ALL MONTH LONG

Take a stand! (Literally.) Walk and talk! Do lunges at lunch! Simple steps can make a big difference. Join us on a journey to move more during the month of April.



JOIN THE MOVEMENT!

Date: _____

Time: _____

Location: _____

Details: _____

Join the movement at
heart.org/MoveMore

EAT SMART ADD COLOR MOVE MORE BE WELL