Throughout April, join us for movement breaks, workouts, podcasts, streaming events, tips and activities that will motivate you to move more every day.

We’re kicking it off with a day of action on Thursday, April 7, so be sure to wear your sneakers on this day to make moving (however you do it!) a bit easier. Join us for at least one Fierce 5 movement break and share it on social to show us how you #MoveMore to be #HealthyforGood.

How will you Find Your Fierce?