



American Heart Association.
Healthy for Good™

**MOVE
MORE
2021**

F I N D Y O U R F I E R C E

– whatever gets you up and moving – for better physical and mental health.

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 Wednesday, 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?