



WEEK	ACTION/ACTIVITY	RESOURCES
Week of July 23rd	<ul style="list-style-type: none"> ● Start planning for first week of August ● Promote events on company's social media site and company intranet sites ● Consider promoting the Move Your Way Activity Planner and/or using it for an activity challenge ● Consider hosting a Physical Activity training ● Consider promoting Move More Together weekly 5-Minute Movement Breaks ● Consider promoting a weekly walk or exercise class 	<ul style="list-style-type: none"> ● Move Your Way Activity Planner ● Move More Together- Fierce 5 Movement Breaks
Week of July 31st	<ul style="list-style-type: none"> ● Distribute flyer Move Your Way ● Distribute video Tips for Getting Motivated ● Promote and launch weekly walk/activity challenge 	<ul style="list-style-type: none"> ● Flyer – DHHS: Move Your Way ● Video- Move Your Way: Tips for Getting Motivated
Week of August 7th	<ul style="list-style-type: none"> ● Distribute video Fierce 5 Movement Break: Flexibility ● Distribute poster Make Every Move Count ● Continue weekly walk/activity challenge 	<ul style="list-style-type: none"> ● Video – AHA: Fierce 5 Movement Break: Flexibility ● Poster – AHA: Make Every Move Count
Week of August 14th	<ul style="list-style-type: none"> ● Distribute video Fierce 5 Movement Break: 5-Minute Core Activation ● Distribute flyer Cardio vs. Strength Training ● Continue weekly walk/activity challenge 	<ul style="list-style-type: none"> ● Video – AHA: Fierce 5 Movement Break: 5-Minute Core Activation ● Flyer- Anthem: Cardio vs. Strength Training
Week of August 21st	<ul style="list-style-type: none"> ● Distribute video Fierce 5 Movement Break: Quick Blast Circuit ● Distribute flyer Keep Exercise on Your To-Do List ● Continue weekly walk/activity challenge 	<ul style="list-style-type: none"> ● Video – AHA: Fierce 5 Movement Break: Quick Blast Circuit ● Flyer – Anthem: Keep Exercise on Your To-Do List
Week of August 28th	<ul style="list-style-type: none"> ● Distribute video Fierce 5 Movement Break: Upper Body Strength ● Finish activity challenge and distribute any prizes 	<ul style="list-style-type: none"> ● Video – AHA: Fierce 5 Movement Break: Upper Body Strength