**May 2022 Toolkit – Physical Fitness Month**

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| Week | Action/Activity | Resources |
| Week of April 25th | ●Start planning for first week of May  ●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 promoting Move More Together weekly 5-Minute Movement Breaks  ●Consider promoting a weekly walk (before/after work, at lunchtime) | ● [May is National Physical Fitness and Sports Month](https://health.gov/news/202105/move-may-and-celebrate-national-physical-fitness-sports-month)  ● [National Fitness Day (May 7th)](https://nationaltoday.com/national-fitness-day/)  ● [Move Your Way Activity Planner](https://health.gov/moveyourway/activity-planner)  ● [Move More Together- Fierce 5 Movement Breaks](https://www.heart.org/en/healthy-living/fitness/fitness-basics/move-more-together) |
| Week of May 2nd | ●Hang poster *Move Your Way*  ●Distribute flyer *10 Changes To Get More Exercise Every Day*  ● Distribute podcast *Dispelling Fitness Myths*  ● Promote National Fitness Day (May 7th)  ● Promote and Launch weekly walk/activity challenge | ●[Poster – DHHS: Move Your Way](https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Adults_508c.pdf)  ●[Flyer – Anthem: 10 Changes To Get More Exercise Every Day](https://timewellspent.anthem.com/images/exercise-fitness-bcbs/03996MUMENABSTimeWellSpent10ChangesYouCanMakePoster1214.pdf)  ●Podcast – [Anthem: Dispelling Fitness Myths](https://players.brightcove.net/3707693280001/B1yTEkggx_default/index.html?videoId=5645041281001) |
| Week of May 9th | ●Distribute video *Fierce 5 Movement Break: Flexibility*  ●Distribute flyer *Make Every Move Count* | ●Video – [AHA: Fierce 5 Movement Break: Flexibility](https://youtu.be/y84Yvx0zfN4)  ●Flyer – [AHA: Make Every Move Count](https://www.heart.org/-/media/Healthy-Living-Files/Infographics/Make_every_move_count_activity_infographic.pdf) |
| Week of May 16th | ●Distribute video *Fierce 5 Movement Break: 5-Minute Core Activation*  ● Distribute flyer *Cardio vs. Strength Training* | ●Video – [AHA: Fierce 5 Movement Break: 5-Minute Core Activation](https://youtu.be/VHiQwXViF7s)  ● Flyer – [Anthem: Cardio vs. Strength Training](https://file.anthem.com/04291ANMENABS.pdf) |
| Week of May 23rd | ● Distribute video *Fierce 5 Movement Break: Quick Blast Circuit*  ●Distribute flyer *Move Your Way* | ● Video – [AHA: Fierce 5 Movement Break: Quick Blast Circuit](https://youtu.be/G8ijhnt3meQ)  ● Flyer – [DHHS: Move Your Way](https://health.gov/sites/default/files/2021-02/PAG_MYW_FactSheet_Adults_508c.pdf) |
| Week of May 30th | ● Distribute video *Fierce 5 Movement Break: Upper Body Strength*  ● Distribute flyer *Keep Exercise on Your To-Do List* | ● Video – [AHA: Fierce 5 Movement Break: Upper Body Strength](https://youtu.be/sY9hW3Lg_7c)  ● Flyer – [Anthem: Keep Exercise on Your To-Do List](https://file.anthem.com/11684ANMENABS.pdf) |