



# EMPLOYEE HEALTH & FITNESS MONTH

**SAVE THE DATE**

Presented by:



*The Network of Governor's Councils and State Coalitions*



Coming in May, the National Association for Health & Fitness and ACTIVE Life present Employee Health & Fitness Month. Employee Health & Fitness Month will kick-off with ACTIVE Life's Demand Healthy Week from May 2nd – May 8th!

Start thinking about how you can participate in Employee Health & Fitness Month! Throughout Employee Health & Fitness Month, employers will challenge their employees to create Healthy Moments, form Healthy Groups, and develop a Culminating Project.

**Healthy Moments** are occasions of healthy eating, physical activity, or personal/environmental health.  
*Examples include: going for a walk; cooking a healthy meal; participating in an exercise class; quitting smoking; going to the doctor*

**Healthy Groups** are formed to create a sustainable activity continuing even beyond Employee Health & Fitness Month.  
*Examples include: walking, jogging or cycling groups; healthy recipe or healthy lunch groups; sports teams*

The **Culminating Project** is an event or project that promotes health throughout the whole company or community.

*Examples include: planning a company 5K; planting a community garden; creating a company family fitness event; adopting a company-wide physical activity standard or policy*

Participants log their Healthy Moments, Healthy Groups, and Culminating Projects at the Employee Health & Fitness Month's website, [www.healthandfitnessmonth.org](http://www.healthandfitnessmonth.org), in order to plan, promote, and track their healthy efforts.

## About the National Association for Health and Fitness

The National Association for Health & Fitness (NAHF) is a non-profit organization that improves the quality of life for individuals in the United States through the promotion of physical fitness, sports and healthy lifestyles. For more information visit: <http://www.physicalfitness.org>.

## About ACTIVE Life

The mission of ACTIVE Life, an Austin-based, 501 (c) (3) non-profit organization, is to make healthy the norm by enlisting and equipping people and places to build and sustain healthy communities. For more information visit: <http://www.activelifehq.org>.

For more information about Employee Health & Fitness Month visit [www.healthandfitnessmonth.org](http://www.healthandfitnessmonth.org) or contact:

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For more information about Demand Healthy Week visit [www.demandhealthyweek.org](http://www.demandhealthyweek.org) or contact:

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