



American
Heart
Association.



Move More Month:

Empower Your Team.

Support Heart Health. Make an Impact.

A Simple, Meaningful Month of Service for Your Employees



Move More Month offers your employees an energizing way to prioritize well-being while giving back.

These weekly turnkey volunteer activities can be done anywhere—on campus, in a conference room, outdoors, or remotely—making this one of the most inclusive service experiences of the year.

Each activity features simple steps to help your company self-activate with ease.

A Month of Service That Makes a Real Difference

By joining the nationwide movement, employees help:

- Advance heart health by encouraging movement, connection, and healthy habits.
- Raise community awareness through visible support of the American Heart Association.
- Build a culture of care by walking for loved ones affected by heart disease or stroke.
- Create early momentum for Heart Walk and strengthen your company's role as a community health leader.

Get free resources like event templates, infographics and flyers at heart.org/MoveMore.



Want to make this volunteer experience even more fun?
Give out prizes! Find great swag at shopheart.org

Week 1: National Walking Day Kickoff – Walk for Someone You Love

Launch Move More Month on National Walking Day (April 1) by honoring survivors, caregivers, and loved ones impacted by heart disease or stroke.

How to activate:

- Host a group walk or invite employees to walk independently.
- Provide simple “I Walk For” badges, templates, or sticky notes.
- Start with a brief mission moment from a leader or ERG member.
- Encourage optional sharing of personal stories.
- Capture a group photo or selfie collage to highlight participation.



Week 2: Notes of Encouragement & Gratitude

Teams write uplifting messages for survivors, caregivers first responders, or colleagues.

How to activate:

- Identify the recipient group (hospital partners, Heart Walk teams, internal networks).
- Purchase fun card-making supplies including scissors, glue, tape, or any kind of adhesive, colored card stock or construction paper, variety of markers and colored pencils, sparkly stickers, googly eyes
- Host a card-making session—onsite or virtual or set out supplies in a breakroom or conference room. Encourage creativity and fun!
- Collect and deliver completed notes to your chosen partner or internal audience.
- Share the impact with a recap message or photo of the finished cards.

Week 3: Move More Mission Moments

Amplify inspiration by inviting employees to share how they stay active.

How to activate:

- Use a simple prompt: “Show us how YOU move!”
- Encourage employees to post on internal channels or your intranet.
- Share a company or campaign hashtag.
- Prompt employees to include why movement or heart health matters to them.
- Create a short slideshow or highlight reel to share at an upcoming meeting.



Week 4: Remote & Hybrid Friendly Move More Day

A flexible option that unites your team—no matter where they work.

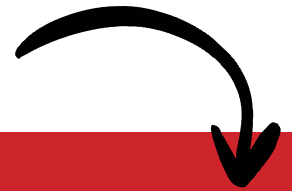
How to activate:

- Choose a day for employees to walk whenever it fits their schedule.
- Encourage everyone to block 15 minutes on their calendar.
- Offer a simple challenge (e.g., “Take 1,500 steps before lunch”).
- Invite employees to submit a photo or step-count screenshot.
- Celebrate participation with shout-outs or digital badges.



How Companies Can Engage ERGs, Wellness Committees & Young Professionals

- National Walking Day provides a high-visibility, high-energy opportunity to activate internal groups and strengthen culture.
- Empower ERGs, Wellness Committees or Young Professionals to plan an activity and lead a mission moment.
- Invite employees to share why heart health matters to them.
- Coordinate a micro-service project like Notes of Encouragement or organize a group photo.
- Identify emerging leaders who may become Heart Walk team captains or wellness champions.
- Recognize the group with the highest turnout or the most creative theme.



Why Companies Love This Volunteer Experience

- Inclusive for all employees
- Works across hybrid, remote, and multi-site teams
- Aligns with Corporate Social Responsibility and wellness priorities
- Builds leadership visibility and employee pride
- Naturally leads into Heart Walk participation

Take the First Step!

Join thousands of workplaces nationwide taking action for healthier hearts.

Explore our [Corporate Volunteer Opportunities.](#)

Find a Heart Walk near you at [Heart Walk - American Heart Association!](#)