

Move2Health for a Healthier Community

What is Move2Health?

It's a community campaign to get us all moving more. The goal? Take on a physical activity for 30 minutes a day, 5 days a week. Organizations are encouraged to launch activities and challenges to promote participation among their employees. Individuals join by signing up at www.Move2HealthCentralVa.org.



Why do we care about people being more physically active?

Exercise improves your overall health in so many ways:

- Burns calories to help you control your weight
- Builds muscle strength and improves your endurance
- Reduces your risk of heart disease, blood pressure problems, and other health conditions
- Improves your ability to learn and remember
- Reduces your feelings of stress and boosts your mood
- Helps you sleep better

What is the next step?

On September 6, 2013 at *Fridays After Five* at the nTelos Wireless Pavilion on the Charlottesville Downtown Mall, UVA Baseball Coach Brian O'Connor will kick off **Move2Health**.

What can I do?

- Join the challenge at www.Move2HealthCentralVa.org
- Ask a friend to sign up with you
- Log your minutes moved
- Have fun!

Walk. Bike. Dance. Play. 30 Minutes Every Day!



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You can find this and other timely public health tips and events on the Thomas Jefferson Health District (TJHD) Facebook page. Check us out and "like us!"

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