



## VIRTUAL GLOBAL EMPLOYEE HEALTH & FITNESS MONTH

The perfect virtual platform to deliver health and wellness in 2020! (initiative is now available year-round and is translatable to global languages) May 2020 or any month of your choice!

***TOGETHER LET'S MAKE VIRTUAL A REALITY!***

GEHFM 2020 Initiative is ready to go – all we need is you! Join at [www.healthandfitnessmonth.org](http://www.healthandfitnessmonth.org) and show your support for an active healthy world! It has never been easier or more important to keep moving, set goals and create sustainable change in your health and well-being. IGNITE and National Association for Health and Fitness amazing step-by-step toolkits provide outstanding guidance, ideas and tangible examples to ensure success for each participant. Be sure to share your #GEHFM activities and experiences on social media and engage with other participants.

***Healthy Moments, Groups & Projects*** are the heart of GEHFM. From individual activities to corporate events, participants can enjoy health, physical activity and nutrition activities VIRTUALLY while maintaining social distancing.

***Healthy Virtual Moments*** are focused on the individual and are occasions of healthy eating, physical activity and personal health goals which can be done in your home or safe outdoor environments!

***Healthy Virtual Groups*** are small groups of participants who choose to virtually participate and track activities intended to last beyond the month of May - adoption of a group name would be awesome!

***Culminating Project*** is a virtual event or series of events that promote wellbeing – (both physical and mental) personally or through the whole company or community where you live.

As the COVID-19 pandemic continues, you can safely participate in GEHFM and help stop the spread of the virus by avoid being exposed, wear masks that cover your mouth and nose and practice social distancing (leaving 6 feet between you and any person you come in contact with). Wash your hands often with soap and water; clean and disinfect frequently touched surfaces daily. Call your doctor if you think you're experiencing symptoms. Visit [coronavirus.gov](http://coronavirus.gov) for more information.

Wishing you continued good health,  
Diane H. Hart, Chair  
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