



2022 GLOBAL EMPLOYEE HEALTH & FITNESS MONTH

The perfect platform to deliver health and wellness in 2022! (2022 initiative is now available year-round and is translatable to global languages) May 2022 or any month of your choice!

TOGETHER LET'S MAKE EMPLOYEE HEALTH A REALITY!

GEHFM 2022 award-winning Initiative is ready to go – all we need is you! Join at 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. The 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. Employee health is a powerful strategic component of an organization and an investment in employee health is essential to managing health costs, improving organizational productivity, retention of employees, reducing stress and improving mental health.

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 or in person.

Healthy 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, office setting or safe outdoor environments!

Healthy Groups are small groups of participants who choose to 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 or in-person event or series of events that promote wellbeing – (both physical and mental) personally or through the whole company or community where you live and work.

Please call Diane H. Hart, Chair at 518-456-1058 or email aerobic2@aol.com with questions.

Wishing you continued good health,
Diane H. Hart, Chair
2022 GEHFM
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