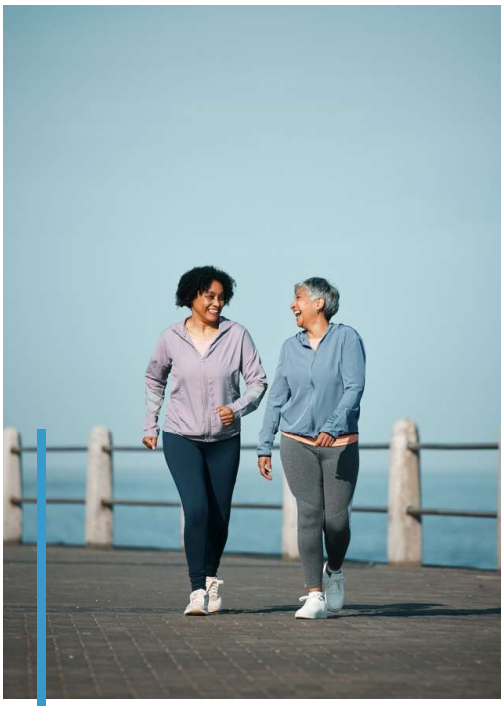
- In the United States, someone has a stroke every 40 seconds, and someone dies of a stroke every 3 minutes and 14 seconds.
- A regular fitness regimen can reduce your risk of developing type 2 diabetes and several cancers such as bladder, breast, colon, and lung, as well as heart disease and strokes.
- Regular physical activity helps to keep your thinking, learning, and judgment skills sharp, reduces your risk of depression and anxiety, and helps you sleep better.

2026-2028 UNITY PROJECT

MOVE FOR A HEALTHIER YOU



Research shows that exercise is vital for healthy brains and bodies. Regular physical activity can help prevent disease, disability, injury, cognitive decline, and premature death. Experts recommend adults get 150 minutes of moderate physical activity a week, and moderate physical activity, such as walking, is generally safe for most people. Every minute counts and activity can be spread over several short periods of time. Encourage physical activity in your club and within the community. Below are some suggestions to encourage your club and community to move more.

CLUB ACTIVITIES:

- Challenge members to walk and track steps.
- Coordinate days to walk as a group, and incorporate seasonal/local events, such as holiday lights, town events, flower/garden tours, and festivals.
- Look for indoor walking tracks at parks and area gyms to use during inclement weather.
- Invite members to arrive at meetings 30 minutes early to walk.
- Create a team to participate in various walks/runs held to support other nonprofit organizations.
- Spend a few minutes at each meeting practicing chair yoga and balance exercises.
- Include exercise tips in newsletters.
- Recognize members who increase physical activity either in steps or minutes.

COMMUNITY ACTIVITIES:

- Organize events such as walks, runs, swimming, tennis, golf, and more, to bring awareness of the benefits of physical activity. To increase participation, partner with other groups such as school teams/organizations, and other nonprofits.
- Create walking trails or paths around your area and document the path in half mile increments. Share with the community to encourage participation.
- Connect with local organizations that work with senior citizens and share chair yoga weekly or monthly.
- Publicize your healthy activities to encourage participation and recognize members and the community for supporting the initiative.

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