

Find Your 30 @Work Kick-Off Event Facilitator Script

Use the notes below to help you with talking points for your event.

- **Welcome**

- Welcome and thank you for participating in the kickoff event for the Find Your 30 @Work Challenge
- This event is meant to bring us together to explore our options on how to move more at the workplace. The American Heart Association recommends that adults get at least 150 minutes per week of moderate intensity physical activity.
- The presentation will help us understand the benefits of exercise, how to overcome challenges, and how to stay motivated with our fitness goals.
- Then, starting next week, we will start our Find Your 30 @Work Challenge. I encourage you all to aim for 150 minutes of activity each day. Find ways to move for 30 minutes every day during work!
- This can be done by taking the stairs, going for a mid-day walk, exploring outdoors during lunchtime, or adding some stretches or squats in between meetings.

- **Closeout- Introduce Find Your 30 @Work challenge**

- Using the ideas provided on the Find Your 30 Guide, explore new and creative ways to add more movement to your day, and track your movement on the Find Your 30 @Work tracker.
- After 30 days, you'll receive an email from me to be entered into a raffle!
- Sign-in using the sign-in sheet to receive the emails related to the challenge and to get notified if you're a winner!