

Dear Company Representative,

Thank you for joining VMove. Here is how you can help spread the word to the personnel and show them you care about their health and well-being.

1. Sign up for your organization, download the logo and the information sheet for workplace setting, and communicate with your personnel and senior administration.
2. Display both the Logo and the info sheet (you can adapt as needed) in your workplace premises in key places, and the logo at multiple locations to inform and remind people about VMove.
3. You can also use the logo to order your own promotional materials such as t-shirts, stickers, mouse pads, pens and bags to unify and motivate the employees.
4. Set an example! The company's designated leaders for this initiative have a big role as role models to motivate employees, and get people comfortable about moving freely within the premises. Endorsement from the top management is also very important.
5. VMove should increase net productivity. As supervisors and leaders you are concerned about increasing wellness of your employees as well as productivity of your unit. It is important to openly discuss activity break times (ideally 2-3 minutes every 20-30 minutes) in a way that enhances wellness and productivity. For example: some activity breaks can be included within the lunch hour or other official breaks, people can compensate time for breaks when substantial, some activity can be incorporated while continuing work (as in moving while meeting, etc).
6. Discuss and demonstrate VMove with personnel. Ask them to visit the website and share and interact with the Facebook page, which will have more information and updates. Post videos of your company's moves.



Don't Just Sit, ENJOY MOVING, BE HEALTHY

Why We Move (VMove)?

Most of us don't get enough exercise, spend many hours sitting, and feel restricted to exercising in conventional settings.

VMove is challenging those norms and encouraging you to move/dance and be active in any setting to promote better health. Move as a break from sitting, or incorporate moving while you are doing some tasks.

What is VMove?

VMove is a global movement that aims to promote new norms to encourage moving in public.

(Company name) cares about your health and promotes VMove here.

Where can I move?

RIGHT HERE! Yes, in your working station or anywhere you get a chance and feel inspired.

When can I move?

RIGHT NOW! Take a small break from work to let yourself loose and get moving. If you haven't been physically active, this can be a first step to making a healthier, more active lifestyle a habit.

How can I move?

Creatively (Creative and Active). VMove encourages people to move in their own imaginative ways in any setting, with consideration of others, and inspiring group activity.

Have fun and make friends using the minutes you thought were going to be wasted!

- Take frequent regular scheduled breaks to increase your daily physical activity
- Seeing chairs doesn't mean you have to sit
- Incorporate some physical activity or 10 minute exercise during your lunch break
- Stand up, walk, dance, or jog in place, do squats
- Do some leg, arm, and neck stretches
- Don't just walk to your car or between offices – strut/dance your way there
- If you need to stay seated: dance/move as you can in your chair
- Inspire others and move with groups to get fit and have fun together

Use your hands to show the VMove signal communicating your action and inspiring others to join. Share ideas and videos with your colleagues and with the VMove community.

Be part of VMove: www.VMovement.org and www.facebook.com/vmovement/