

Employee and Retiree Service Center
The Bulletin—April 15, 2026

American Heart Association: April is *Move More Month!*

Every April, the American Heart Association (AHA) celebrates physical activity and encourages all Americans to commit to moving more regularly. Currently, one in four U.S. adults sits for more than eight hours a day—something that can negatively impact both physical and mental health.

Research shows that replacing just 30 minutes of sitting with low-intensity physical activity can reduce the risk of death by 17 percent. Even small increases in daily movement can lead to meaningful improvements in overall health and help lower the cost of disease in the United States.

AHA invites you to *Move More Together* by exploring these helpful resources:

- [Five-Minute Movement Breaks](#)
- [Chair Workout](#)
- [Power Up to Move More](#)
- [Create a home workout circuit](#)

Well Aware is here to support you with a variety of convenient options, including virtual, live, and on-demand classes. Whether you enjoy Zumba, HIITCamp, yoga, or core workouts, there's something for everyone—so try a few and find what works best for you.

To get started, [email Well Aware](#) or visit the [Well Aware Wellness Toolbox](#) for the full class schedule. You can also register for the daily wellness email to stay updated on class links and the latest offerings.