MOVE
— FOR YOUR —
MOOD
At Work

PARTICIP**ACTION**

Kickstart the new year with ParticipACTION and get your team moving for their mood!

Winter can put a damper on our moods, but there's a way to lift our spirits: get moving!

This January, learn how getting active can reduce stress and promote happier feelings. To encourage your organization to move for their mood at work, we have created a calendar of events, email template and poster to keep your team moving through to the end of January.

Looking for extra motivation?

Join our app challenge from January 15 – 31, hosted on Optimity, for a chance to win some great prizes! Pre-enrollment starts January 3.

Early Bird Opt-In Prizes

Four $100
Walmart e-gift cards

Daily Prizes

Ten $10
Amazon e-gift cards per day for the length of the challenge
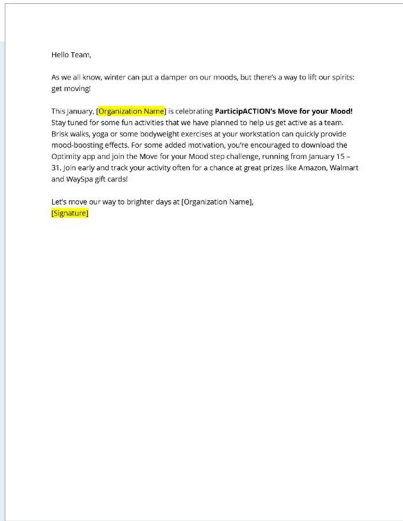
Grand Prizes

Three $500
WaySpa e-gift cards

Four $100
Amazon e-gift cards

Optimity

Download on the App Store

GET IT ON Google Play

Move for your Mood with these activities

Week of January 8, use this **email template** to announce your workplace's participation in the Move for your Mood Challenge.
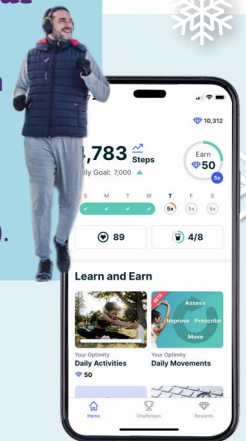
Print and post the **Move for your Mood** and **Recess Ideas** posters.

Share this **Calendar of Events** with your team and encourage everyone to be active throughout the month of January.

Join the Move for your Mood step challenge

on the **Optimity app** from January 15 – 31 for your chance to win some great prizes (pre-enroll for the challenge starts January 3).

Keys to Success

Spread the word

Print and/or **share** the resources in this toolkit to encourage participation within your workplace.

Be inclusive

Be sure to consider both employees working from **home** and those in **office** when organizing and planning activities.

Make it social

Being active as a workplace is a great way to build and nurture **bonds**.

Make it sunny

Natural light has many **mood boosting** benefits as well. Despite colder temperatures, it's important to include some daytime outdoor physical activity for your team.

Make it long-term

These activities are just a start. Consider adding mental health and physical activity initiatives to your workplace **calendar**.

Want to know more?

Visit the **Move for your Mood** page on the ParticipACTION website for more information.