

Ready, Set, Monday!

A package to start every Monday fresh

Our research shows that people who start a healthy activity on Monday describe a higher likelihood of continuing that activity for the rest of the week.¹ This 12-week package is designed to introduce your organization, community, or workplace to tools and practices that will help encourage individuals to engage or recommit to daily physical activity.

The practices in this series will help individuals become more familiar and accustomed to incorporating movement into their routines as well as learn to benefits of building a plan, setting goals, and sustaining healthful habits for the long term.

Why this Behavior is Important

[Research shows](#) that regular physical activity, such as walking, can help prevent future injury, support a healthy weight, regulate blood sugar, and reduce the risk of developing type 2 diabetes and certain cancers.

What is Included in this Package

The following package includes 12 visual assets with links to supplementary articles and actionable practices designed to motivate individuals of all fitness levels to Move It this Monday. Each informational article outlines the specific details and benefits of each practice.

How to Use the Contents of this Package

Use this package to promote a Monday Mile program in your organization, community, or workplace. The assets are designed to be shared through a variety of different digital and print communication channels. The graphics and URL can be cut-and-paste into digital messaging such as email, company website, or social media feeds, or printed out for signage and bulletin boards; just remember to include the URL for users to access additional information. We recommend using Monday as the day to send out these weekly cues because research shows individuals are more likely to adopt healthy habits towards the beginning of the week.

¹ Data Decisions Group, 2019. 1,000 online survey respondents.

Week 1



Week 2



Week 3



Week 4



Week 5



Week 6



Week 7



Week 8



Week 9



Week 10



Week 11



Week 12

