

**New Jersey State Federation of Women's Clubs of GFWC  
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**Let's Get Moving – 2024 Instructions**

Did you know that cardiovascular disease is the world's number one killer? Conditions affecting the heart and blood vessels – such as a heart attack, stroke and heart failure – kill more than 20.5 million people combined each year. 80% of premature deaths from CVD are preventable, by making small changes to our lifestyle: what we eat, drink how much we exercise and how we manage stress. September 29th is World Heart Day. The program has a Global Challenge that asks people to recognize and advertise cardiovascular disease awareness.

NJSFWC challenges its members to get moving to combat heart disease! Clubs are encouraged (but not required) to sign up for September 29<sup>th</sup> for World Heart Day through the World Heart Federation:

<https://world-heart-federation.org/world-heart-day/get-involved/world-heart-day-challenge/>

Then, **let's get moving!** Encourage members to start tracking their walking and exercising hours. Perhaps you could even start holding club-wide walks or attend exercise classes together.

Track your club members' exercise hours in recognition of cardiovascular health using the Let's Get Moving 2024 Activity Log located on the "Materials" section of the NJSFWC website under "Health and Wellness."

Tally the total combined exercise hours completed by your members on your year-end report under the "Let's Get Moving" challenge. The club to log the most workout hours will be recognized at Spring Conference.

Submit your log to NJSFWC along with your Health & Wellness year-end report by February 1. Winners in each membership category will be announced at Spring Conference.