

# IT'S **GO** **TIME** **GET UP! GET FIT! AND GO! GO! GO!**

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)



**Fedstrive**  
U.S. DEPARTMENT OF HEALTH  
AND HUMAN SERVICES

Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services  
www.hhs.gov

**FEDERAL OCCUPATIONAL HEALTH**

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## Calendar

### Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

Improving the health, safety, and productivity of our Federal employees.

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<< Select a month and click for more information...

The month you selected appears >>

U.S. Department of Health & Human Services  
www.hhs.gov

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## GO!

### Get Your CRP

A cardiac risk profile—or CRP—gives you information about some of the factors that can put you at risk for heart disease—things like elevated blood levels of cholesterol, triglycerides, and glucose. [Read more >](#)

## GO!

### Take Your HRA

By examining your health-related behavior and health history, your HRA can help you take control of your health, identify and prevent potential health risks, and begin living a lifestyle of enhanced wellness. [Read more >](#)

## GO!

### Get Physical

Physical activity is an essential component of a healthy lifestyle. In combination with healthy eating, it can help prevent a range of chronic diseases, including heart disease, cancer, and stroke, which are the three leading causes of death. Physical activity helps control weight, builds lean muscle, reduces fat, promotes strong bone, muscle and joint development, and decreases the risk of obesity. [Read more >](#)



### Poll

What gets you motivated to move?

- A New Year's resolution
- A gym at my workplace
- A group exercise class
- A personal trainer
- A friend waiting for me at the gym

[View results](#) [Vote Now](#)

### Resources

- FOH It's Go Time! Marketing Materials
- Be Active Your Way
- Exercise for Your Bone Health
- Growing Strong - Strength Training for Older Adults
- Physical Activity for Everyone
- Physical Activity and Your Heart
- Physical Activity and Weight Control
- Yoga for Health

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Calendar webpage: [www.FOH.hhs.gov/calendar](http://www.FOH.hhs.gov/calendar)

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## Campaigns and Outreach

Courtesy of FOH Health Communications

Select a month and click for its campaign materials.

January	February	March
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<< Select a month and click for its campaign materials...

The month you selected appears >>

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## Campaigns and Outreach Toolkit

Courtesy of FOH Center for Health Communications

# IT'S GO TIME

GET UP! GET FIT! AND GO! GO! GO!

Downloadable Materials to get the word out.

Check out this PowerPoint or this PDF for an overview of the materials below.

### Flyers and Chy TV

Download the flyer PDF files by clicking on the links below the images. Download the CHY TV powerpoint slides to provide to your building ChyTV administrator. If you'd like to customize the language, download a template.

Flyer 1 Flyer Template Chy TV Chy TV Template	Flyer 2 Flyer Template Chy TV Chy TV Template	Flyer 3 Flyer Template Chy TV Chy TV Template	Flyer 4 Flyer Template Chy TV Chy TV Template	Flyer 5 Flyer Template Chy TV Chy TV Template

### Posters

Download the poster PDF files by clicking on the links below the images. The 24x36 poster files are high resolution PDFs, perfect for printing additional copies. Provide the files to your print shop if you'd like to print full size, or you can scale them down by choosing the printer option "fit to printable area" or "shrink to printable area" and print them on a standard printer in your office. We recommend choosing legal-sized paper for the 8.5x14 posters in the page setup menu when you print. If you'd like to customize the language, download a template.

24 x 36 Poster 1	24 x 36 Poster 2	24 x 36 Poster 3	24 x 36 Poster 4

8.5 x 14 inch (legal sized) Poster 1 8.5 x 14 Template	8.5 x 14 inch (legal sized) Poster 2 8.5 x 14 Template	8.5 x 14 inch (legal sized) Poster 3 8.5 x 14 Template	8.5 x 14 inch (legal sized) Poster 4 8.5 x 14 Template	8.5 x 14 inch (legal sized) Poster 5 8.5 x 14 Template	8.5 x 14 inch (legal sized) Poster 6 8.5 x 14 Template

### Table Tent

Download the table tent PDF file by clicking on the link below the image. Print it, and fold it in half to display on table tops.

It's Go Time Table Tent

### Email Blast

Download the email in your preferred format by clicking on the links below the image. Copy the text, and paste it into a new email. Send it to FOH end-users.

It's Go Time Email Blast (MS Word)  
 It's Go Time Email Blast (pdf)

### More Resources

Enjoy these other resources to help you in your health promotion efforts.

- FOH It's Go Time Web Page
- Be Active Your Way Guide
- Physical Activity Resources for Health Professionals

User friendly toolkit webpage: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

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Physical Activity Resources for Health Professionals

From the Toolkit webpage, click on any of the listed materials to download artwork.

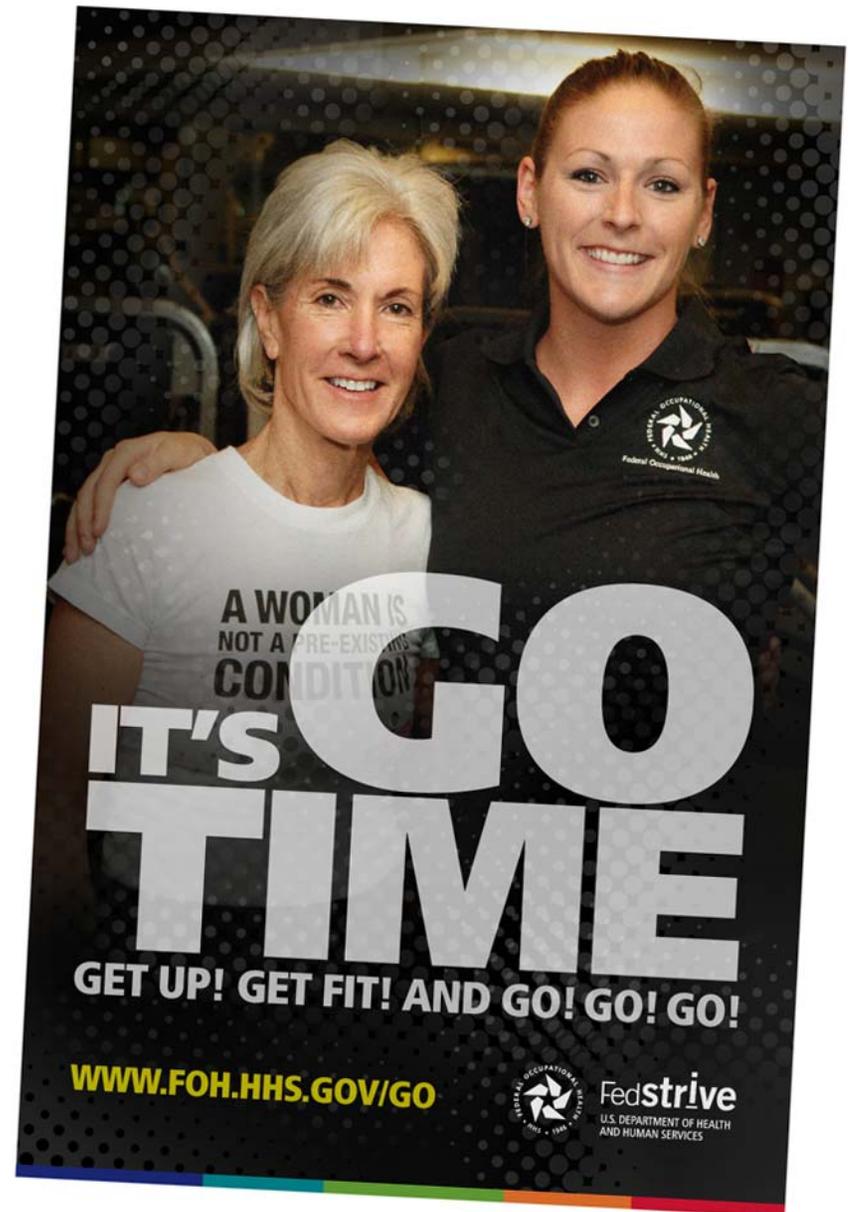
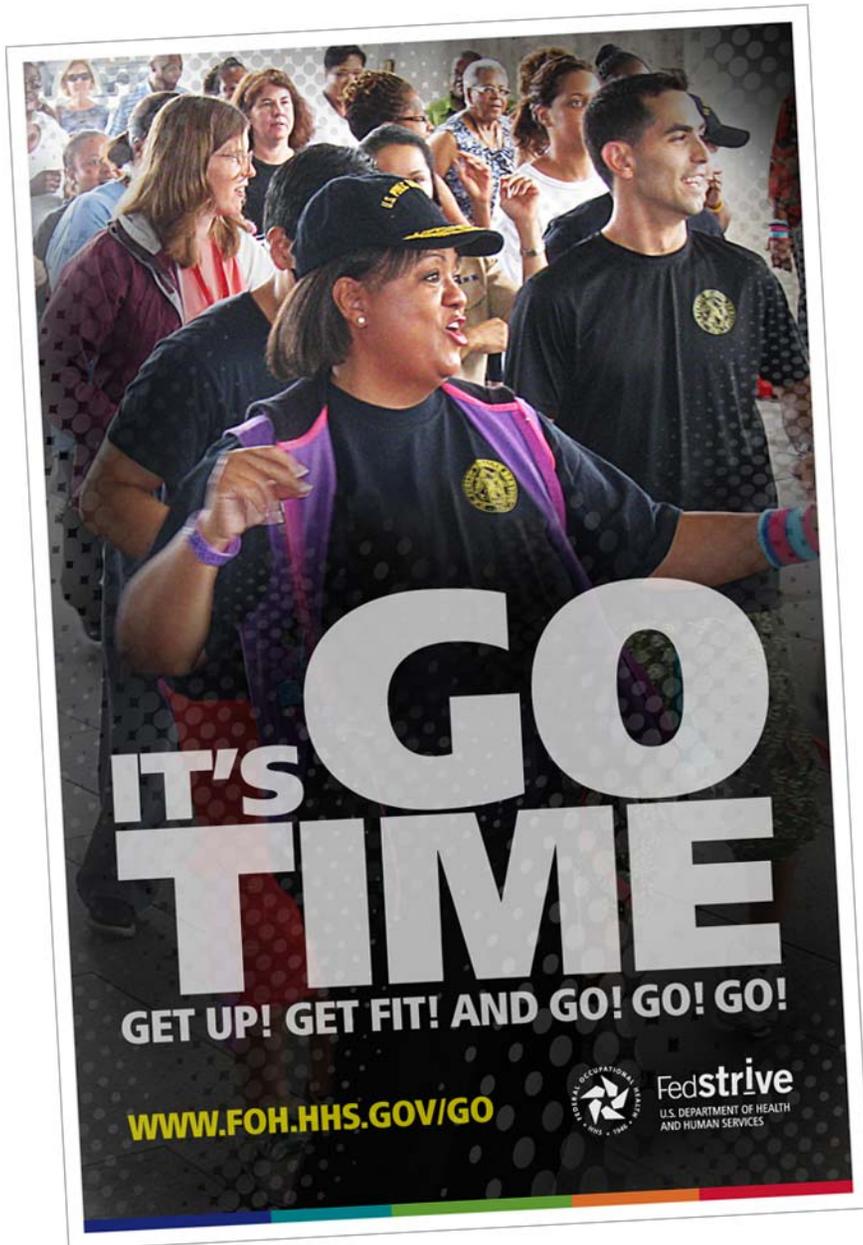
There are "as-is" versions as well as customizable template versions.

You can add your personal message to the template versions.

*(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)*

User friendly toolkit webpage: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

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24x36 posters  
(please reuse the posters you received last year; if you did not receive posters last year  
and would like a set, please email [heidi.hua@foh.hhs.gov](mailto:heidi.hua@foh.hhs.gov) )

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8.5x14 bulletin board posters, 11x8.5 flyers and ChyTv PowerPoint slides, and 8.5x11 table tent, also available as form fillable ppt templates

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## End-User Email

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Email blast, MS Word doc format (editable) and pdf versions

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