



April is Move More Month: Supporting Healthier, More Productive Workplaces

April is [Move More Month](#), and April 1 marks the American Heart Association's [National Walking Day](#) – both encourage everyone to build more physical activity into their daily lives. For employers and business leaders, it's also a good reminder that supporting employee well-being can positively influence productivity, engagement, and overall workplace morale.

Regular exercise plays a critical role in both physical and mental health. Staying active helps improve heart health, strengthens muscles and bones, reduces stress, and boosts your mood – factors that support better focus, energy, and resilience throughout the workday. National guidelines recommend at least **150 minutes of moderate intensity activity per week**, a goal that can be reached through short, consistent movement rather than long workouts.

One of the most common barriers employees face is time. Encouraging movement doesn't require major schedule changes or on-site gyms. Simple actions – such as walking meetings, stretch breaks, standing or walking during phone calls, or short lunchtime walks – all help reduce prolonged sitting and support healthier habits during the workday.

For those looking for additional support, **Kaiser Permanente offers practical resources** to help people fit movement into their everyday routines, including [simple at-home exercises](#) that require little space or equipment. Kaiser Permanente members also have access to [fitness classes and wellness programs](#) that are in-person, on-line, or by phone, and led by health professionals. [One Pass Select Infinity](#) offers reduced rates on fitness studios, gyms, and on-line classes for Kaiser Permanente members to complement employer-led wellness efforts.

Move More Month highlights how consistent efforts can lead to meaningful improvements in your health. When employers support movement and well-being, they help create workplaces where people feel better, have higher productivity levels, and thrive together.

Edward Kao, MD

Physician-in-Chief

Kaiser Permanente South San Francisco Medical Center