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NAMES/CONTACT INFORMATION FOR CITY REPRESENTATIVES

[CITY] Joins Call to Connect and Move More for Mental Health
Mayor [NAME] joins Move with the Mayor® Mental Health and Physical Activity Challenge

[CITY], [STATE], [DATE] – Mayor [NAME] announced today that [PRONOUN] joined a nationwide initiative to raise awareness about the role of social connection in promoting mental and physical health.

The City of [CITY NAME], in partnership with [PARTNERS IF APPLICABLE], and the National Forum for Heart Disease and Stroke Prevention, is participating in the Move with the Mayor® (MWTM) Spring Mental Health and Physical Activity Challenge. The month-long challenge begins May 1 and coincides with Mental Health Awareness Month.

The challenge aims to promote mental and physical health by encouraging daily movement while fostering social connection through group activities. Mayor [NAME] invites residents of all ages to join the challenge by participating in activities like biking, walking, meditation, yoga and more during May.

The challenge also encourages residents to share their experiences and support each other on social media using #MoveWithTheMayor.

SAMPLE QUOTE FOR MAYOR

“Physical activity combined with social connection is good for our hearts and minds,” said Mayor [NAME]. “They can help us cope with anxiety, depression, stress, and other mental health challenges. I invite all [CITY NAME] residents to commit to connecting and moving more with our community.”

According to the Centers for Disease Control and Prevention, mental health is integral to overall health. Mental health disorders increase the risk of heart disease, stroke, and other cardiovascular conditions.
Press release

Research shows being physically active and socially connected can reduce these risks while improving cognitive function, mood, and quality of life.

“We’re thrilled to have Mayor [NAME] on board with the National Forum’s campaign to spotlight the importance of social connections for physical and mental well-being,” says John M. Clymer, executive director of the National Forum. “The research is clear. Social isolation and loneliness pose serious health risks, but building strong connections with others while moving more can make a real difference.”

For more information about the activities and events planned for the challenge, visit [LINK TO CITY’S EVENTS].

To learn more about MWTM, visit nationalforum.org/connect-with-mwtm.

About Move with the Mayor®
An initiative of the National Forum for Heart Disease and Stroke Prevention, mayors use Move with the Mayor® to encourage active, healthy living while strengthening individual and community resilience. For ten years and counting, mayors have been using MWTM messaging; program, policy, and infrastructure recommendations; and other tools to empower and protect community members from health threats and improve cardiovascular health, mental health, and health equity. To learn more, visit nationalforum.org/mwtm.