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## Join WHO's Walk the Talk 'The Health for All Challenge' on 16-17 May

Language English

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**WHO is taking the third Walk the Talk: The Health for All Challenge virtual this year. In light of COVID-19, Walk the Talk will offer an even more global platform to promote health and well-being for people all over the world.**

The Virtual Walk the Talk will be held over **16-17 May 2020**, with people invited to join in from their homes wherever they are located in the world. The virtual event will support ongoing efforts to promote ways for people to be [#HealthyAtHome](#) [1], encouraging all of us to engage in activities that promote good physical and mental health. During each hour, WHO and partners' social media followers will be invited to share their own videos and photos of being #HealthyAtHome. **Special recognition will be given to the role of health workers** given their global importance in the current response to COVID-19 and 2020 being the International Year of the Nurse and Midwife.

The event will run online virtually, connecting WHO Regional and Country offices around the world on 16 May before returning to Geneva 24 hours later on 17 May. Events will kick-off in WHO's Regional Office in the Western Pacific at 9:00 am local time in Manila and will feature activities from each of WHO's regional offices in Delhi, Cairo, Copenhagen, and Washington DC. Then, on Sunday, 17 May, Walk the Talk will arrive in Geneva at WHO Headquarters starting at 11:00 am.

The event will offer opportunities for people to participate in a variety of virtual, timed events such as yoga, exercise classes for all ages and abilities, meditation, walking in place (or in locations within the guidelines of your national authorities) to help people get moving.

### How to get involved!

As the Walk The Talk event will take place virtually, we encourage our members and national and regional NCD alliances to join us on 16 and 17 May on social media to engage with [@WHO](#) [2] and corresponding WHO Regional and Country offices on Twitter and other social media channels. Showcase your efforts using the hashtags #ActOnNCDs and #HealthyAtHome.

You can use a **sample tweet** such as:

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*On 16-17 May we will join millions across the globe for @WHO Walk the Talk #HealthyAtHome virtual event. Join us to help promote physical activity, mental health, healthy diets, handwashing & more! #ActOnNCDs*

You can also learn more about walk the talk [here](#) [3]. Follow NCD Alliance on [Twitter](#). [4] [Facebook](#) [5] and [Linkedin](#) [6] as we join in!

**Post Date:** Monday, 11 May, 2020

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[Walk the Talk](#) [8]

[health for all](#) [9]

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**Square Image:**

**Links**

- [1] <https://www.who.int/news-room/campaigns/connecting-the-world-to-combat-coronavirus/healthyathome>
- [2] <http://twitter.com/who>
- [3] <https://www.who.int/news-room/events/detail/2020/05/16/default-calendar/walk-the-talk-the-health-for-all-challenge>
- [4] <https://twitter.com/ncdalliance>
- [5] <https://www.facebook.com/ncdalliance>
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- [7] <http://staging.ncdalliance.org/taxonomy/term/347>
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