

Move with the Mayor®

Spring Mental Health and Physical Activity Challenge

Press release

FOR IMMEDIATE RELEASE

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The city of Cambridge Joins Call to Connect and Move More for Mental Health

Mayor Lajan Cephas joins Move with the Mayor® Mental Health and Physical Activity Challenge

Cambridge, MD, 05/08/2025 – Mayor **Cephas** announced today that **she** joined a nationwide initiative to raise awareness about the role of social connection in promoting mental and physical health.

The City of **Cambridge**, in partnership with **Alpha Genesis CDC, Groove City Line Dancers, GirlITREK (Cambridge), Harvesting Hope Youth and Family Wellness, Inc, Pine Street Community Market**, 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 began 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 **Cephas** 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.

“Having a physically healthier version of ourselves creates a brighter mental outlook,” said Mayor **Lajan Cephas**. “The better we are mentally the better we cope with anxiety, depression, stress, and other mental health challenges and gives us the ability to make stronger connections with others. I invite all **Cambridge** 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.

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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 **Cephas** onboard 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 <https://chooscambridge.com/>

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.