

(NAPSA)—Communities are working to increase physical activity and mobility. Learn more at www.partnering4health.org.



Building Healthy Communities

Let's Get Physical

“Physical activity can improve your health and reduce the risk of developing several chronic diseases like type 2 diabetes, cancer and cardiovascular disease.”

Elaine Auld, Society for Public Health Education (SOPHE)

Communities working to increase physical activity & mobility



Access to Bicycles

In Ajo, Arizona, a diverse coalition combined access to bicycles, bicycle education, and work towards building a safe and accessible bike path throughout the town. Additionally, residents created short videos about their relationship to the town and active living.

Physical Activity Toolkit

In Beaverton, Oregon, the American Heart Association and the local school district created a toolkit to increase elementary school children's physical activity by 10 minutes each day. Participating middle schools are incorporating “Brain Boosts” throughout the day, too.



Traffic Calming

In Springfield, Missouri, the American Planning Association and coalition partners set up pop-up traffic calming areas to encourage drivers to slow down. Similar efforts nationwide helped increase the number of adults walking for leisure or transportation by eight percent* from 2005 to 2015.

The American Heart Association recommends that adults get at least 150 minutes of moderate-intensity physical activity each week. While scheduling gym time and workouts can make a huge difference in your activity level, it also helps if you can integrate your physical activity into your lifestyle.

- Try standing while at your desk
- Get up & move around regularly
- Move meetings outside & keep them active
- Add steps to your day
- Be intentional about walking
- Find a partner
- Use technology to get active

Join the nationwide effort to prevent and control chronic diseases

#Partnering4Health

Learn more at Partnering4Health.org

Funding for this project was made possible by the Centers for Disease Control and Prevention through DP14-1418: National Implementation and Dissemination for Chronic Disease Prevention. The views expressed in written materials or publications do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



* From 2005 to 2015: women (57.3% to 65.1%) men (54.3% to 62.8%)
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