

# STEP IT UP!

EVERYONE CAN HELP  
MAKE OUR COMMUNITIES  
MORE WALKABLE

## WORKSITES:

Implement workplace policies and programs to promote walking.

## MEDIA:

Spread the word about walking and creating safe and easy places to walk.

## PARKS AND RECREATIONAL AND FITNESS FACILITIES:

Provide access to green spaces and recreation areas.

## SCHOOLS:

Implement safe routes to school and daily physical education programs.

## INDIVIDUALS & FAMILIES:

Walk with friends, family, and work colleagues.

## TRANSPORTATION, LAND USE, & COMMUNITY DESIGNERS:

Design safe and easy places to walk.

## PUBLIC HEALTH:

Provide information to plan, implement, and evaluate walking programs.

## HEALTH CARE PROFESSIONALS:

Talk to patients about physical activity.

## VOLUNTEER & NONPROFIT ORGANIZATIONS:

Offer free or low-cost community walking programs.



Step it up! Help make your community more walkable. Learn how by visiting [www.SurgeonGeneral.gov](http://www.SurgeonGeneral.gov)