

## Promoting an Active Community

Physical activity can improve a person's health and quality of life. While many people purchase gym memberships as a way to get fit, many communities have started to get involved in the movement to live a more active and healthier life!

Are you looking for ways to make your community active and healthy? Here are a few tips to help you get started.

1. Support sidewalk and bike trail development.
2. Support local health initiatives – check out bulletin boards at businesses in your community to find out what they are doing to promote health and activity.
3. Write letters in support of healthy restaurants and fewer fast food chains to zoning committees.
4. Participate in a community wide health event such as a 5K.
5. Lead your neighborhood in providing safe and clean play areas, parks and playgrounds.
6. Start a community garden.
7. Place bike racks in front of your business.
8. Volunteer to assist community health events and/or support local organizations – such as American Heart Association or American Cancer Association.
9. Plan a block party for your neighborhood to encourage your neighbors to promote physical activity.
10. Start a farmers market in your community. Reach out to local farmers to see if they can offer fresh fruit and vegetables to your community.

**Make a difference!** Check out ActiveLife at [www.activelifehq.org](http://www.activelifehq.org) to share what you're doing.

I plan to encourage physical activity and healthy eating at home by:	Start Date	Completion Date
1.		
2.		
3.		
4.		
5.		