

The Surgeon General is Calling on **Schools** to Step it Up!

- Physical activity is one of the most important things Americans can do to improve their health.
- Walking is an easy way to start and maintain a physically active lifestyle.
- Walkable communities make it easier for people of all ages and abilities to be active.
- Communities can benefit from safe and convenient places to walk.

America's elementary, middle, and high schools have about 55 million students and 7.3 million teachers and staff members. Schools can provide their students and staff opportunities for physical activity and can promote safe routes for walking to school. They can also open facilities such as playgrounds and tracks outside of school hours for use by neighbors. As a school administrator, you have the power to improve the health of your students, staff, and community.

Design communities that support safe and easy places for people to walk.

- Locate schools and other places people regularly use within walkable distances of each other.
- Promote policies and programs that make it easy for students to walk before, during, and after school.**
- Implement Safe Routes to School or similar walk-to-school programs.
 - Provide daily physical education for students in grades K-12 and daily recess for elementary students.
 - Encourage walking opportunities for students and staff as part of regular classroom activities.
 - Establish formal policies or agreements, such as shared-use agreements to make school facilities available to community residents or to allow schools to use nearby community facilities such as fields and parks.
- Educate relevant professionals on how to promote walking and walkability through their profession.**
- Provide training to administrators and classroom teachers on ways to incorporate walking throughout the school day.



Learn to **support walking and walkability** in your community by visiting

www.SurgeonGeneral.gov

