



JOIN ACTIVE PEOPLE, HEALTHY NATIONSM

WHAT IS THIS INITIATIVE?

[Active People, Healthy NationSM](#) is a national movement led by the Centers for Disease Control and Prevention of individuals, organizations, and community champions that support the goal of increasing physical activity in the United States.

Active People, Healthy Nation provides a comprehensive approach to improving physical activity by promoting [strategies that work](#) at the local, tribal, state, and national level in partnership with other federal agencies and national organizations.

The initiative is based on a foundation that allows everyone regardless of age, race, education, socioeconomic status, disability status, sexual orientation, or geographic location to have an opportunity to be physically active.

WHO CAN JOIN?

- **Individuals and Families** can engage in physical activity and support the work through their personal networks.
- **Organizations** can amplify the effort, receive updates and benefit from exclusive networking opportunities, and share how they are creating a more resilient, active community with a broader network.
- **Champions**, who are elected or appointed leaders, can promote and implement community changes that support resilient, active communities.

STRATEGIES THAT WORK





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WHY SHOULD YOU JOIN THE MOVEMENT?

Everyone has a role to play—individuals, organizations, and community champions. By [joining](#) Active People, Healthy Nation, you become part of a nationwide initiative and can help increase physical activity in the United States.

By participating, you can help increase physical activity and improve health for all individuals, families, and communities. Together, we can bring attention to the importance of being physically active, promote what works, highlight our successes, and urge support for physical activity nationwide. Let's create an active America, together.

JOINING ACTIVE PEOPLE, HEALTHY NATION MEANS, YOU AGREE TO:

- **SUPPORT** the goal of getting 27 million Americans more physically active using [strategies that work](#).
- **SPREAD the WORD** about #ActivePeople.
- **ENCOURAGE** others to join.

WHAT ARE THE BENEFITS OF JOINING ACTIVE PEOPLE, HEALTHY NATION?

- Receive early access to resources and information through a monthly Active People, Healthy Nation newsletter.
- Receive website badges, social media messages, and other resources to help spread the word about your work and your support for the initiative.
- Connect to a network of individuals, organizations, and champions supporting Active People, Healthy Nation at national, tribal, state, and local levels.

HOW DO YOU JOIN?

Visit the Active People, Healthy Nation Join [webpage](#) and click on the appropriate category: Individuals and Families, Organizations, or Community Champions. Enter your e-mail



address. You will be taken to a second page to confirm your e-mail and then you will be a member of the movement! Congratulations! You are now an Active People, Healthy Nation supporter.

For more information, visit [Active People, Healthy Nation](#) or e-mail activepeople@cdc.gov.

