



JOIN ACTIVE PEOPLE, HEALTHY NATIONSM

INDIVIDUAL INFLUENCERS

WHAT IS THIS INITIATIVE?

[Active People, Healthy NationSM](#) is a national initiative led by the Centers for Disease Control and Prevention to help 27 million Americans become more physically active by 2027.

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.

CAN I JOIN?

Yes, any individual influencer can join Active People, Healthy Nation.

WHY SHOULD YOU OR YOUR FAMILY JOIN THE MOVEMENT?

Physical activity is one of the most beneficial things you can do to improve your health and quality of life. We all have a role to play. By joining Active People, Healthy Nation, you become part of a nationwide initiative to help increase physical activity in the United States. By participating, you can learn ways to help yourself, your family, your friends, and your community become more physically active and improve physical and mental health. Lets create an active America, together.

STRATEGIES THAT WORK





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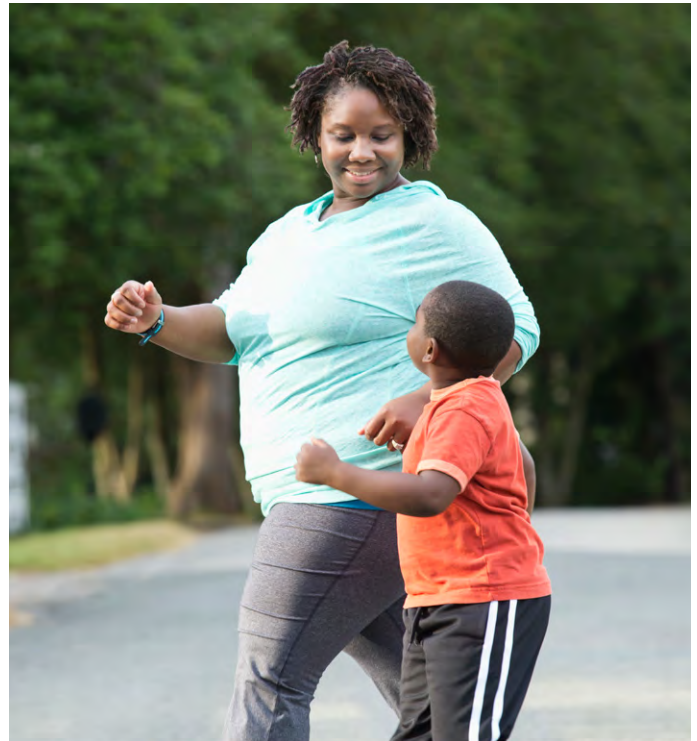
WHAT DOES IT MEAN TO JOIN ACTIVE PEOPLE, HEALTHY NATIONSM AS AN INDIVIDUAL INFLUENCER?

Joining as an Individual Influencer mean you agree to:

- **SUPPORT THE GOAL** of getting 27 million Americans more physically active through the [strategies that work](#).
- **SHARE** how you are being active or helping create a more active community on social media using **#ActivePeople**. Check out some [sample social media posts](#) to help get you started.
- **DOWNLOAD** an [Active People Badge](#) or **ADD** an [#ActivePeople frame](#) to your Facebook Profile.
- **FEATURE** links to Active People, Healthy Nation in your social media posts.
- **CONNECT** with other members of Active People by using **#ActivePeople** on Facebook, Twitter, and Instagram.
- **ENCOURAGE** others to join Active People, Healthy Nation.
- **START** being more physically active today. Check out [Move Your Way](#) for fun, safe ways to get active!

WHAT ARE THE BENEFITS OF JOINING?

- Learn strategies and access resources to help you make your community more active.
- Be part of a national movement to create resilient, activity-friendly communities.
- Connect to a network of Active People, Healthy Nation supporters to share successes, tips, and lessons learned.



- Receive a monthly newsletter with updates on what's happening in Active People, Healthy Nation.
- Access tips and resources to help you become more active.

HOW CAN YOU JOIN?

Visit the Active People, Healthy Nation [Individual Influencers webpage](#) and enter your e-mail address. Confirm your email on the next page. Congratulations! You are now an Active People, Healthy Nation supporter. You've joined the movement!

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

