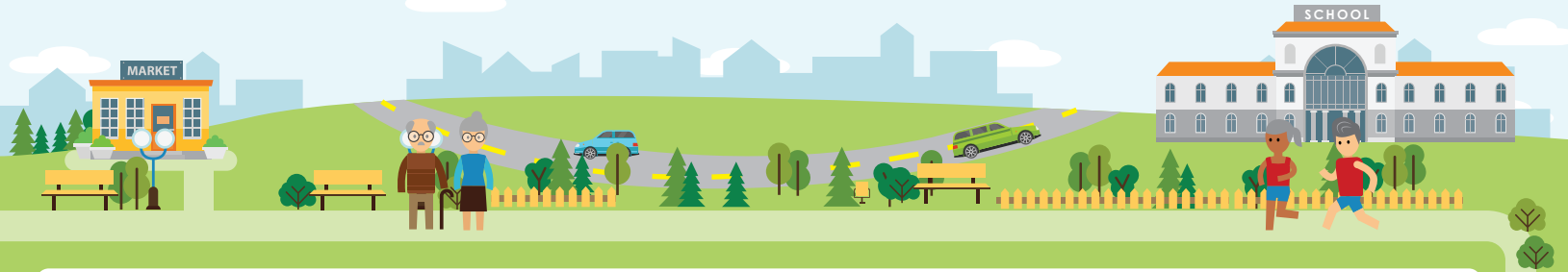


THE 3 D's: DESIGN. DEVELOP. DELIVER.

A Prescription for Physically Active Communities

People need safe, convenient places to be physically active.



1 **DESIGN** communities and streets that make being physically active safe and easy for people of all ages and abilities.

Examples include: Improved street lighting; continuity and connectivity of sidewalks and streets; projects to increase safety; consideration of proximity of residential areas to stores, jobs, schools, or similar locations.



DEVELOP or enhance access to places for physical activity.

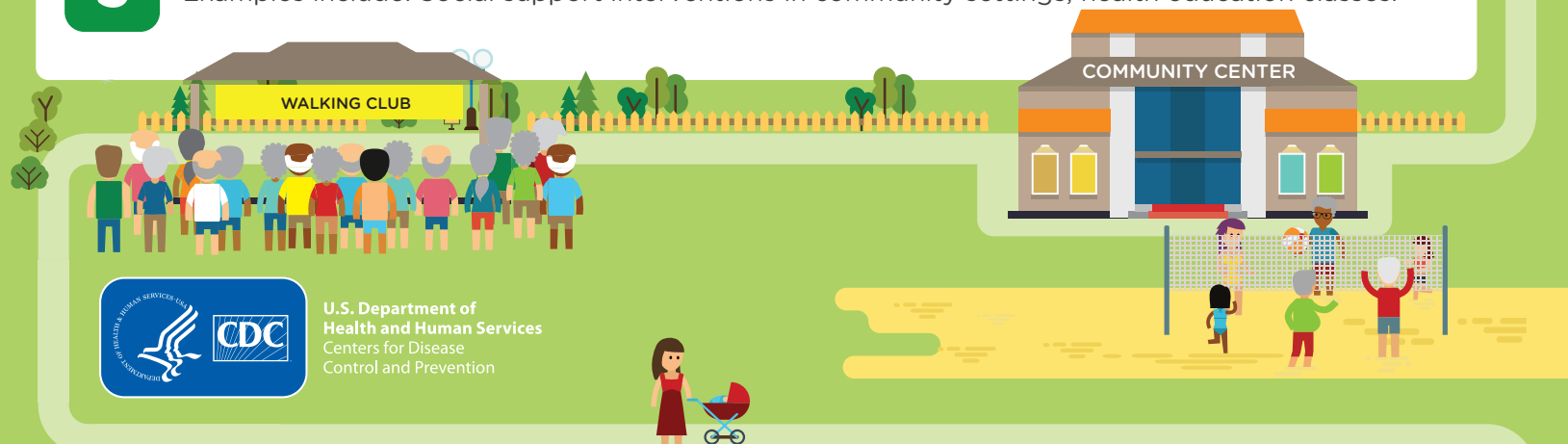
Examples include: Create walking trails; provide access to new or existing nearby facilities.

2



3 **DELIVER** community programs that help adults be physically active.

Examples include: Social support interventions in community settings; health education classes.



U.S. Department of
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Centers for Disease
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