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.

**2. DEVELOP** or enhance access to places for physical activity.

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

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

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