The Surgeon General is Calling on Health Care 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.

In 2012, almost 80% of U.S. adults reported that they had visited a health care professional sometime in the past 12 months. Those encounters give health care professionals a unique opportunity to promote walking. Most patients can walk, and walking can be easily modified to a person's abilities. You can help your patients overcome barriers to physical activity and put them on the path to better health.

Below are strategies for how you can encourage people to walk more:

**Educate people about the benefits of safe walking and places to walk:**
- Establish physical activity as a key health indicator tracked by health care professionals.
- Have health care professionals offer physical activity counseling to their patients, especially those at high risk.

**Educate relevant professionals on how to promote walking and walkability through their profession.**
- Include information on physical activity and behavioral counseling in the training, continuing education, and accreditation process for all health care professionals.
- Offer continuing education opportunities that promote walking and walkability for relevant professionals.

Learn to support walking and walkability in your community by visiting www.SurgeonGeneral.gov