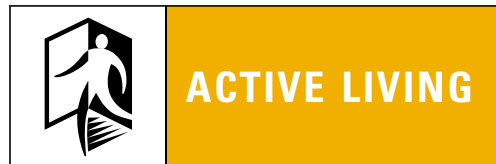




Get Active



For More Information

Getting America moving by reshaping the places where we live, work and play will require the combined efforts of many groups and interests. These include:

- Architecture
- Business
- Education
- Environment
- Health care
- Parks and recreation
- Public health
- Public safety
- Transportation
- Urban planning

While we're already making a lot of progress, we need additional partners and funders who want to get involved.

For more information, visit:

www.activeliving.org

You will find:

- Links to Active Living programs
- Facts, publications, presentations and tools about Active Living
- Ways to get involved

Produced by the Active Living Network

All photos provided by the Pedestrian and Bicycle Information Center

Cover photo: Dan Burden



Supporting Active Living programs to increase physical activity and create healthy communities.



Active Living Builds Healthy Communities

Active Living is a way of life that integrates physical activity into daily routines.

“Just 30 minutes of walking a day, five days a week can significantly improve your health. If we make our family time active time, we will become healthier and have fun doing so.”

– Tommy G. Thompson,
Secretary of Health and Human Services

Active Living programs are supported by The Robert Wood Johnson Foundation

Inactivity Contributes to Major Health Problems

More than three out of four Americans do not get enough physical activity in an average day.

Why Should We Care?

Lack of physical activity is associated with many of America's biggest health problems, such as heart disease, diabetes, high blood pressure and cancer.

Part of the problem is that physical activity has been designed out of our daily lives. From remote controls and elevators, to drive-thru restaurants and neighborhoods without sidewalks, Americans have become more sedentary.

As our activity levels have decreased, our health problems have grown.



Health Facts

Policies and Places Affect Activity

The places where we live, work and play can affect our ability to be physically active. Since World War II, American communities have been planned and developed in ways that present barriers to walking, bicycling and other forms of activity.

Some examples:

- Wide, high-speed roads without sidewalks prevent our children from walking and biking safely to school.
- Jobs and stores located far from our homes force us to drive everywhere.
- Concerns about safety in our neighborhoods keep residents of all ages from being active outdoors.

The result: Americans have become more sedentary.

Source: Centers for Disease Control and Prevention

- Today, 64% of American adults are overweight or obese.
- In 2000, a total of 38.8 million Americans were obese.
- There are nearly twice as many overweight children and almost three times as many overweight adolescents as there were in 1980.
- More than 11 million Americans have heart disease.
- Diagnosed diabetes among American adults increased 49% between 1990 and 2000.
- Type II diabetes – previously known as “adult-onset” diabetes – is now being diagnosed in children and adolescents.
- Obesity-related diseases cause more than 300,000 preventable deaths in the United States each year, second only to tobacco use.
- In 2000, the cost of obesity in the United States topped \$117 billion.



Photo credits: Facing page – ITE Pedestrian Bicycle Council; This page (top to bottom) – 1: Dan Burden, 2: Dan Burden, 3: Dan Burden, 4: Project for Public Spaces

Activity-Friendly Communities Are Part of the Solution

Small changes make a big difference.

When it comes to physical activity, small increases can make big improvements in our health.

The Surgeon General recommends at least 30 minutes of physical activity, five days a week or more.

By building opportunities into our communities, we can add physical activity into our daily lives – without having to find more time in our busy schedules.

Places that support active living allow us the choice to be more active.

Activity-Friendly Communities

Communities around the country are building and restoring neighborhoods that encourage physical activity, where:

- Residential areas are mixed with shopping so people can walk for groceries or other errands.
- Jobs and apartments are close to business centers so people can bike and walk to work.
- Safe routes to school programs keep children safe as they walk and bike to school.
- Neighborhood parks are safe and well maintained so children and adults can play outdoors.

Active Living Programs

To promote healthy communities and active lifestyles, The Robert Wood Johnson Foundation supports several Active Living programs.

Active Living by Design increases physical activity through community design.

www.activelivingbydesign.org

Active Living Leadership works with government leaders to create and promote active communities.

www.activelivingleadership.org

Active Living Network is building a national coalition committed to increasing physical activity.

www.activeliving.org

Active Living Research investigates policies and environments to support active communities.

www.activelivingresearch.org

Active Living Resource Center provides technical assistance to create active communities.

www.activelivingresources.org

Active for Life delivers physical activity programs for adults age 50 and older.

www.activeforlife.info

Active Living Blueprint develops strategies to increase physical activity among adults age 50 and older.

www.agingblueprint.org