

Steps to an Active



Community!

1

Assess Your Community's Physical Activity Needs

- Determine the health needs of your community
- Review community strength and support within schools, nonprofits, parks, clubs, civic associations, hospitals
- Identify existing physical activity programs



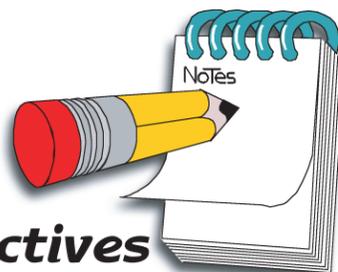
2



Connect with Your Community Partners

- Meet with existing coalitions to determine their commitment to physical activity
- Collaborate with individual and organizational partners on physical activity

3



Set Your Goals and Objectives

- Develop a shared vision for your active community (Mission statement)
- Outline the scope of your activities and a timeline for implementation
- Determine action steps—get active!
- Evaluate and make changes as needed

4

Community Action



• **Environment and Policy**

- Conduct an audit of physical activity opportunities and barriers
- Advocate policy change for an activity friendly community

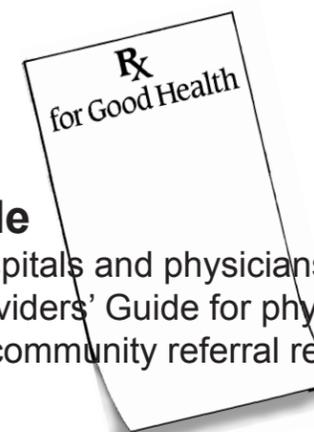
• **Walk Texas! Physical Activity Programs**

- Distribute Walk Texas! Quick Start Guide for Physical Activity to organizations and worksites
- Provide support and encouragement to Walk Texas! organizations
- Celebrate successes!



• **Health Providers' Guide**

- Partner with clinics, hospitals and physicians to implement the Walk Texas! Health Providers' Guide for physical activity
- Provide clinicians with community referral resources for physical activity



• **Special Events and Media**

- Collaborate with Walk Texas! partners on a physical activity awareness campaign
- Get involved with community physical activity events or plan your own

