

The Surgeon General is Calling on **Employers** 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.

More than 145 million American adults spend a significant amount of their day at work. The worksite can offer employees access to opportunities and supports for physical activity, including walking, making it easier for them to integrate it into their daily lives. As an employer, you have the ability to improve the health of your employees and your organization's bottom line.

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

Promote worksite programs and policies that support walking and walkability:

- Provide access to facilities, locations, and programs to support walking.
- Use policy levers and incentives to encourage walking, such as flextime, paid activity breaks, or discounts for off-site exercise facilities.
- Establish walking clubs or competitions that encourage and motivate employees to meet individual or team goals.
- Engage in community planning efforts to make the surrounding communities more walkable.

Educate people about the benefits of safe walking and places to walk.

- Provide employees with tailored messages about walking in and around the worksite.
- Provide signs and maps to help people find safe places to walk and provide information on accessibility for people with mobility or other limitations.



Learn to **support walking and walkability** in your community by visiting

www.SurgeonGeneral.gov

