



NEWS RELEASE

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NEW: Promoting Walking and Walkable Communities – Cross-Sector Recommendations from the National Physical Activity Plan Alliance

Columbia, SC – New recommendations from the National Physical Activity Plan Alliance, released today, outline a strategy for increasing walking in the U.S. population.

Walking is the most common form of physical activity, and it is popular with people of all ages and most abilities. Brisk walking contributes to attainment of current physical activity guidelines and can provide important health benefits. Improved walkability can make communities safer, support social cohesion, reduce air pollution, and benefit local economies. Despite the well documented benefits of walking for individuals and communities, the 2017 United States Report Card on Walking and Walkable Communities indicates that the U.S. has a long way to go in the effort to improve walking behavior and walkable communities. The recommendations released today provide a clear path for improving these grades.

Leading experts brought together by the NPAPA created “Promoting Walking and Walkable Communities – Cross-Sector Recommendations”. The recommendations identify and prioritize the activities that will have the greatest impact on improved walkability and increased walking. The final recommendations outline priority actions organized into six comprehensive strategies. Addressing these strategies and tactics through the lens of equity and inclusion will help to ensure improved walking and walkability for people living in varied and diverse communities nationwide.

The recommendations call for changes in multiple societal sectors including transportation and community planning, public health, business and industry, education, and healthcare. Find more information, and the complete set of recommendations, at www.physicalactivityplan.org.

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About the National Physical Activity Plan Alliance: The NPAPA is a not-for-profit 501-c3 organization committed to ensuring the long-term success of the National Physical Activity Plan (NPAP). A coalition of national organizations and at-large experts on physical activity and public health, they have come together to ensure that efforts to provide physical activity in the American population will be guided by a comprehensive, evidence-based strategic plan. For more information, see <http://physicalactivityplan.org>.

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