

# 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](http://www.SurgeonGeneral.gov)**

