More Adults Are Walking PSA (:60)

Only half of adults in the US get the two and a half hours per week of aerobic physical activity recommended for health benefits. Walkers are more likely to get the recommended amount. More adults are walking, but better spaces and more places are still needed.

Communities can promote walking when they create long-range plans, such as Master Plans, and design safe streets for walkers. Communities can also ensure sidewalks and paths are in good repair and have easy to read signs. Employers can create walking programs, encourage walking breaks and meetings, and identify nearby paths or routes.

Increase *your* physical activity by starting a walking group. Participate in local planning for walking paths and new sidewalks, or work with parents and schools to encourage walking to school where it's safe.

For more information, visit www.cdc.gov/vitalsigns.