

# *Every Body* WALK!

## **Walkable Communities Are Healthy Communities Talking Points and Sample Messages**

The following messages and talking points are to be used to guide communication products and opportunities to promote equitable communities through walking and walkability. These messages can be used to talk with your community members, community-based organizations, businesses, elected leaders, and others about the role that safe walking conditions play in improving health for all and promoting equitable communities, particularly when planning community improvements or promoting increased walking.

- All individuals have the right to live in a community that promotes physical activity, including walking.
- Healthy communities that promote physical activity such as walking promote individual physical and mental health, community health and economic health.
- Health disparities across the U.S. have a profound impact on a person's quality of life and lifespan. Increasing access to walking can help address these disparities.
- The promotion of walking as a way to be healthy can be used to engage community members in activities related to equitable communities.
- Communities have a responsibility to provide opportunities for everyone, regardless of age or income, to move safely through his or her environment and to be physically active. Walking is an obvious choice for expanding transportation access and physical activity.