



Get Up & Move!

Community Activity

Series 2: July



Community Action

Since this is the last month of **Get Up and Move!**, now is the time to start thinking about how you can help other people in your community to be more physically active. One good way to do this is to make a presentation to your local community Chamber of Commerce or park district, showing them how successful the **Get Up and Move!** program was for you and your club.

When you are making your presentation, you might want to have members of your club speak about the types of physical activities they were able to do in your community. You might also want to have a group of your club members discuss some of the family and community activities that your club did over the past year. It is important to stress that the community plays a large role in how active youth can be.

Consider making some suggestions for ways that your community could make physical activity more accessible for more people. Some of these ways might include:

- Cleaning up parks, trails and recreational facilities
- Having open houses at local community recreation facilities
- Maintaining roads and sidewalks for safe use by pedestrians and bicyclists
- Make all routes accessible for people with disabilities to be active
- Use law enforcement to patrol areas where children like to be active
- Use more traffic signs and signals
- Make more trails and parks

To end your presentation on a positive note, you might consider bringing in a healthy snack that you learned to make during the year to show how **Get Up and Move!** stressed healthy eating. You also might ask the group if they would join you in a quick game that incorporates physical activity. Sometimes the best way to prove that physical activity is important is to make your audience **Get Up and Move!**

Source: (www.bikewalk.org)

