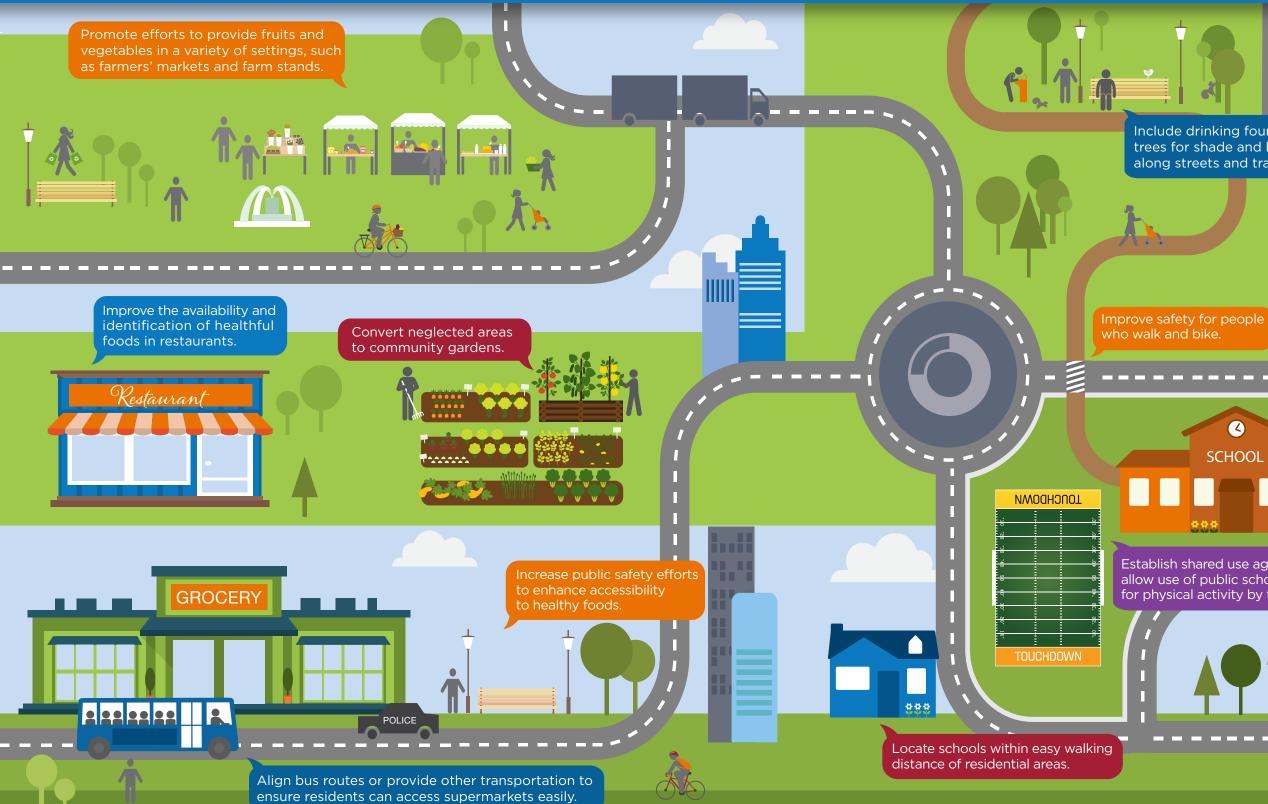
## ACSM AMERICAN FITNESS INDEX

## The Path to a Culture of Health The Policy, Systems and Environmental Change Approach for Community-Based, Healthy Eating and Physical Activity



## www.americanfitnessindex.org

Include drinking fountains, trees for shade and benches along streets and trails.

> Encourage walking and bicycling through improvements in the built environment.

SCHOOL

Establish shared use agreements that allow use of public schools and facilities for physical activity by the public.

Collaborate with schools to develop and implement Safe Routes to School programs to increase the number of children safely walking and bicycling to schools.

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