

Creating Policies That Increase Physical Activity

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Abstract: This presentation will discuss policies that encourage more physical activity by making it easier to chose to be active. Best practices for increasing physical activity will be discussed. Policies in communities, schools, and workplaces have major effects on levels of physical activity. The Community Guide to Preventive Services contains recommendations for policies that have been found to be successful in increasing physical activity. Nationwide groups including Safe Routes to School and Complete the Streets also promote policies to increase physical activity.