

# Step It Up, Kentucky!

We move more when we have inviting places to be active. But there are still neighborhoods where personal safety is an issue, communities without adequate sidewalks, and business districts that don't connect with one another or residential areas.

That's why we're committed to *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*, a pledge to increase walking by building places where being physically active is not only easier but also more engaging and fun!

## Why walking?

### CONNECTIONS



There never seems to be enough time to enjoy family and friends, but walking allows for catching up, building relationships, meeting neighbors, and connecting to our surroundings.

### HEALTH



Walking is a great way to get the recommended 150 minutes of weekly physical activity because it doesn't require special skills or expensive equipment and can be incorporated into any busy lifestyle by performing daily routines, such as commuting to work or school.

### SAFETY



Walkable communities protect pedestrians by redesigning traffic patterns, repairing sidewalks, and including crosswalks, medians, or other cautionary signage. When people feel safer, they walk more and with fewer cars on the streets, injuries and crashes are less likely.

### ECONOMICS



Active transportation infrastructure creates more jobs per dollar than highway projects, attracts business investments, and increases revenue for small businesses as local residents and tourists explore their community on foot.

# Join us!

## We can do this together.

Our vision is for all Kentucky communities to provide access to safe, attractive, and convenient opportunities for physical activity, whenever and wherever possible. Through community engagement, easy-to-use resources, training, technical assistance and networking opportunities, together we can promote walking and walkable communities.



## What can I do?



### Notice what needs to change.

Don't assume things have to stay the way they are! Do a walkability audit and consider all users with diverse needs and abilities.



### Ask for the changes you want.

Check with your local government to see what changes are proposed in their pedestrian plan. Can't find a plan? Ask that they adopt one and include your concerns.



### Talk about it.

Tell parents, neighbors, and friends why you are concerned. Use social media to spark a conversation or share a photo of a place you want to walk to, but can't.



### Thank supporters.

Recognize businesses, organizations, and individuals that champion active transportation and take the time to acknowledge their hard work. Appreciation is motivating!



### Find organizations and join in.

Attend a meeting, participate in a training, or promote a community event. These groups rely on new supporters and free promotion to advance their cause.



### Connect with the Partnership for a Fit Kentucky.

Discover what is working well for other local communities across the state. Find resources, learn about opportunities, share stories, and join the conversation.

[www.fitky.org](http://www.fitky.org)



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