



Small Steps Guide

We think that everyone can help make our communities more walkable – no step is too small! Check out our guide to promoting walking and walkable communities through even the smallest steps.



Endorse *Step It Up, Kentucky!* and pledge your organizations support.

By joining *Step It Up, Kentucky!* you will be listed as an official partner and have the opportunity to share information and gain visibility through events, conferences, trainings, newsletters, press releases, social media, and committee meeting progress reports.

- [Step It Up, Kentucky! Overview](#)
- [Join Us Endorsement Online Survey Form](#)



Talk about it.

Tell neighbors and friends why you are concerned and thank businesses, organizations, and individuals that champion active transportation. Use social media to spark a conversation by using **#StepItUpKY** and tagging **@pfitky**.

- Post a picture of your walking event, your favorite place to walk, or a place where you want to walk but isn't safe
- Show us what it looks like to wear your sneakers at work!



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.

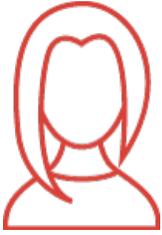
- [Walkability Checklist](#)
- [Walk Audit Scavenger Hunt](#)



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.

- [KYTC Database of Organizations, Events & Pedestrian Plans](#)



Promote walking programs, and events.

Suggest a walking meeting at work, organize a community walking event or challenge, or join local walking programs.

- [Walk with a Doc](#) or [Second Sunday](#)
- [Silver Sneakers](#) or [Walk with Ease](#)
- [Love to Ride - Biking Challenges](#)



Make walking easy, safe, and fun!

Provide a map with walking routes in your community, post way-finding signage, or listen to the Surgeon General's very own walking playlist on Pandora!

- [Walk \[Your City\] – Affordable Street Signs](#)
- [Surgeon General's Resources](#)
- [Point-of-Decision Prompts – Set of Motivational Stairwell Signs](#)



Learn more about your community's pedestrian plan.

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.

Does your community have a pedestrian plan?

Pedestrian plans are the first step to making communities more walkable. These detailed plans engage community members in identifying priorities for creating a safe and attractive walking and biking environment for people of all ages and abilities. A pedestrian plan, adopted by local government, will serve as official documentation of your community's need and readiness for improvements to pedestrian facilities. Having these plans developed to a certain level of readiness provides opportunities to apply for funding to design and/or complete these projects.

- Find out if your community is included in a walk/bike plan [KY Statewide Interactive Map for Bicycle and Pedestrian Planning](#)
- Contact Troy.Hearn@ky.gov for assistance with your pedestrian plan