

### What families & individuals can do

- Map out destinations (parks, stores, restaurants) near your home and then walk or bike to those that are nearby. Search on [www.walkscore.com](http://www.walkscore.com) or download a worksheet at: [www.dhs.wisconsin.gov/forms/F4/F40092.pdf](http://www.dhs.wisconsin.gov/forms/F4/F40092.pdf)

### What communities can do

- Establish local bike/pedestrian committees to develop community plans to increase active transportation options
- Institute “Complete Streets” (ensure alternative means of transportation i.e., pedestrian, bicycle, etc.) principles in transportation planning
- Develop or expand Joint Use Agreements between schools, communities, parks and recreation, and other groups with physical activity facilities

### What early care & education providers can do

- Provide at least 90 minutes of physical activity/day for toddlers and 120 minutes/day for preschoolers, with at least 60 minutes for preschoolers of teacher led structured activity
- Use *What Works in Early Care and Education* to focus your efforts on evidence-based and promising strategies to help children eat healthier and be more active in the childcare setting [www.dhs.wisconsin.gov/publications/P0/P00232.pdf](http://www.dhs.wisconsin.gov/publications/P0/P00232.pdf)

### What healthcare providers can do

- Improve physician education and counseling of patients on obesity prevention. Use *What Works in Healthcare* to focus your efforts on evidence-based and promising strategies to help children eat healthier and be more active. [www.dhs.wisconsin.gov/publications/P4/p40142.pdf](http://www.dhs.wisconsin.gov/publications/P4/p40142.pdf)



### What schools can do

- Use *What Works in Schools* to focus your efforts on evidence-based and promising strategies to help children eat healthier and be more active in the school setting. [www.dhs.wisconsin.gov/publications/P4/p40132.pdf](http://www.dhs.wisconsin.gov/publications/P4/p40132.pdf)
- Develop or expand a Safe Routes to School Program [www.dot.state.wi.us/localgov/aid/saferoutes.htm](http://www.dot.state.wi.us/localgov/aid/saferoutes.htm)
- Increase options to provide opportunities for 60 minutes of physical activity per day for each student [www.dpi.wi.gov/sspw/pdf/pasastoolkit.pdf](http://www.dpi.wi.gov/sspw/pdf/pasastoolkit.pdf)

### What worksites can do

- Implement physical activity strategies from the *Wisconsin Worksite Wellness Resource Kit* [www.dhs.wisconsin.gov/physical-activity/Worksite/index.htm](http://www.dhs.wisconsin.gov/physical-activity/Worksite/index.htm)

Examples:

- Offering flexible work hours to allow for physical activity during the day
- Offer on-site fitness opportunities, such as group classes or personal training

