

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 or download a worksheet at: 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

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



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
- Develop or expand a Safe Routes to School Program 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

What worksites can do

- Implement physical activity strategies from the *Wisconsin Worksite Wellness Resource Kit* 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



NUTRITION, PHYSICAL ACTIVITY & OBESITY PROGRAM