



Walk, Run, Dance, Play: Tips to Get Your Community Moving

Thursday, June 13: 11:00 am-12:30 pm EST

Resources:

Office of Disease Prevention and Health Promotion:

- [Move Your Way Campaign](#)
- [Move Your Way Web Badges and Widgets](#)
- [Move Your Way Activity Planner](#)
- [Physical Activity Guidelines for Americans, 2nd Ed.](#)

[Women Warriors of the Mountain Foot March 2023](#)

[CDC: Strategies for Increasing Physical Activity](#)

- [Tools for Action](#)
- [Benefits of Physical Activity](#)


[WHO: Physical Activity Benefits and Guidelines](#) (available in multiple languages)

References:

Bevington F, Piercy KL, Olscamp K, Hilfiker SW, Fisher DG, & Barnett EY. (2020). The Move Your Way Campaign: Encouraging contemplators and families to meet the recommendations from the Physical Activity Guidelines for Americans. *Journal of Physical Activity and Health*. 2020;17(4):397–403. <https://doi.org/10.1123/jpah.2019-0395>

Healthy eating and physical activity — the perfect pair to protect your health. Health.gov. Updated March 27, 2024. Accessed March 27, 2024. <https://health.gov/moveyourway/stories>

Move Your Way Activity Planner. Health.gov. Updated March 27, 2024. Accessed March 27, 2024. health.gov/MoveYourWay/Activity-Planner



OneOp

Readiness. Knowledge. Network.

Move Your Way Community Resources. Health.gov. Updated September 25, 2023. Accessed February 26, 2024. <https://health.gov/our-work/nutrition-physical-activity/move-your-way-community-resources>

Physical Activity and Military Readiness. Cdc.gov. Updated June 20, 2023. Accessed March 27, 2024. <https://www.cdc.gov/physicalactivity/resources/physical-activity-military-readiness.html>

Unfit to Serve: Obesity and Physical Activity are Impacting National Security. Cdc.gov. Updated February 6, 2024. Accessed March 27, 2024. <https://www.cdc.gov/physicalactivity/resources/unfit-to-serve/index.html>

Olscamp, K., Pompano, L., Piercy, K. L., Oh, A., Barnett, E. Y., Lee, M. S., Fisher, D. G., & Bevington, F. (2022). Understanding the Impact of Move Your Way Campaign Exposure on Key Physical Activity Outcomes - Results from a Multi-site Pilot Evaluation. *Journal of Healthy Eating and Active Living*. 2(3), 113–125.

Physical Activity Overview and Objectives. Healthy People 2030. Accessed March 27, 2024. <https://health.gov/healthypeople/objectives-and-data/browse-objectives/physical-activity>

US Department of Health and Human Services. Physical Activity Guidelines for Americans (2nd edition). US Department of Health and Human Services; 2018. Accessed March 27, 2024. <https://health.gov/our-work/nutrition-physical-activity/physical-activity-guidelines/current-guidelines>

U.S. Department of Health and Human Services, Office on Health Promotion Disease Prevention. (n.d.). *Healthy People 2030*. <https://health.gov/healthypeople>