



# JOIN ACTIVE PEOPLE, HEALTHY NATION<sup>SM</sup> INDIVIDUALS AND FAMILIES

## WHAT IS THIS INITIATIVE?

[Active People, Healthy Nation<sup>SM</sup>](#) is a national initiative led by the Centers for Disease Control and Prevention to help 27 million Americans become more physically active by 2027.

Active People, Healthy Nation provides a comprehensive approach to improving physical activity by promoting [strategies that work](#) at the local, tribal, state, and national level in partnership with other federal agencies and national organizations.

The initiative is based on a foundation that allows everyone regardless of age, race, education, socioeconomic status, disability status, sexual orientation, or geographic location to have an opportunity to be physically active.

## CAN I JOIN?

Yes, any individual can join Active People, Healthy Nation. You can even join as a family.

## WHY SHOULD YOU OR YOUR FAMILY JOIN THE MOVEMENT?

Physical activity is one of the most beneficial things you can do to improve your health and quality of life. We all have a role to play. By joining Active People, Healthy Nation, you become part of a nationwide initiative to help increase physical activity in the United States. By participating, you can learn ways to help yourself, your family, your friends, and your community become more physically active and improve physical and mental health. Let's create an active America, together.

## STRATEGIES THAT WORK





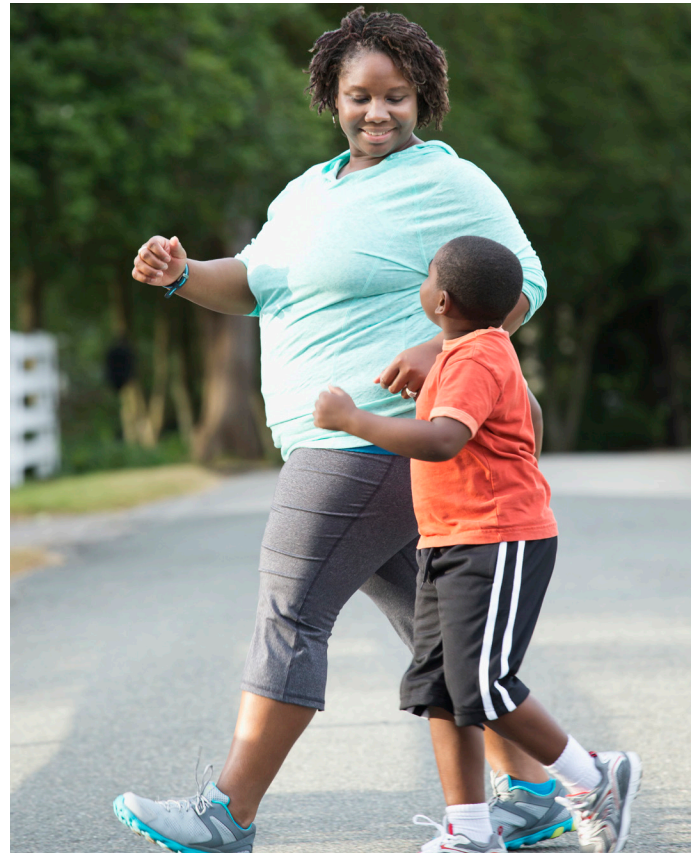
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### JOINING ACTIVE PEOPLE, HEALTHY NATION AS AN INDIVIDUAL OR FAMILY MEANS YOU AGREE TO:

- **START** being more physically active today. Check out [Move Your Way](#) for fun, safe ways to get active!
- **SHARE** how you are being active or helping create a more active community on social media using [#ActivePeople](#). Check out some [sample social media posts](#) to help get you started.
- **ENCOURAGE** others to join Active People, Healthy Nation.
- **FEATURE** links to Active People, Healthy Nation in your social media posts.
- **DOWNLOAD** an [Active People Badge](#) or **ADD** an [#ActivePeople frame](#) to your Facebook Profile.

### WHAT ARE THE BENEFITS OF JOINING?

- Access tips and resources to help you and your family become more active.
- Learn strategies and access resources to help you take action to make your community more active.
- Connect to a network of Active People, Healthy Nation supporters to share successes, tips, and lessons learned.
- Receive a monthly newsletter with updates on what's happening in Active People, Healthy Nation.



### HOW CAN YOU JOIN?

Visit the Active People, Healthy Nation [Individuals and Family webpage](#) and enter your e-mail address. Confirm your email on the next page. Congratulations! You are now an Active People, Healthy Nation supporter. You've joined the movement!

For more information, visit [Active People, Healthy Nation](#) or e-mail [activepeople@cdc.gov](mailto:activepeople@cdc.gov).

