



Moving Forward!
The National Physical Activity Plan
A Cross Sector Initiative to Get America Moving!



We know that incorporating movement into our daily lives is a key to staying healthy. The National Physical Activity Guidelines recommend that youth accumulate 60 minutes of physical activity into each day – 30 minutes for adults – yet up until now, this has been a concept easier said than done.

Help is now on the horizon to get and keep Americans moving.

The National Physical Activity Plan, the country's first, provides a roadmap to get America moving. It is unique in that it is focused on making system – societal – changes through improved policies and practices that will transform the role of movement in our lives. It unites professionals across sectors – in medicine and public health, transportation and urban planning, business, education and recreation – to remove the barriers to physical activity and integrate it into our daily lives.

With the implementation led by the National Coalition for Promoting Physical Activity (NCPA), the Plan envisions a world that has more sidewalks, green spaces, trails and pathways that translate into walkable communities. Where doctors have clear, consistent messages and achievable strategies to offer. Where schools offer more opportunities for kids to move and play as well as incorporate structured physical fitness time. And most importantly, the Plan outlines clear strategies to get us there.

We will not create a substantial improvement in physical activity without all facets of American culture unifying behind a single plan. -National Physical Activity Plan