

HOW CAN YOU HELP...

- **Think about the implications of your decisions on the built environment and levels of physical activity**
- **Go to public meetings and advocate for healthier built environment**
- **Support the health element in the Comprehensive Development Master Plan**
- **Take a walk through your neighborhood to find out how walkable it is by using the street design PBIC Walkability Checklist**
- **Check and see how well your neighborhood does in terms of land-use mix:
www.walkscore.com**

