



# ACTIVE LIVING CALL TO ACTION

Go Healthy Houston is proud to present the Houston Active Living Plan (ALP). The ALP is the culmination of a yearlong effort engaging with multi-sectoral stakeholders to develop strategies to increase active living opportunities in Houston. Strong evidence suggests increased physical activity may limit the negative health outcomes associated with inactivity including heart disease, diabetes and stroke.

**Better health outcomes are the responsibility of everyone. The plan's approach to collaborate across sectors of the community to achieve common health goals is critical to its success.**

The ALP is a guide including strategies, tips and tools for use to improve the ability of your organization or community to achieve specific, measurable objectives. Use this plan as a workbook; use it to create your next presentation, project or next event.

As you embark on the process of implementation, it is important to be inquisitive, creative advocates who embrace Houston's rich culture and extraordinary resources to forge a healthier environment.

## HERE'S HOW TO GET STARTED

1. Identify your sector or choose a sector of focus for action.
2. Select a goal that aligns with your desire for action.
3. Identify community partners and agencies whose goals may overlap with yours.
4. Define an achievable intervention you can pursue together.  
(Note the list of indicators that describe several measures of success).
5. Develop the steps toward success.  
Remember community participation is vital to any sustained intervention!
6. Measure and celebrate your achievements.

## STRATEGIES UNDERWAY IN HOUSTON

The good news is you don't have to start from scratch. Engage in one of the many active living strategies currently underway in Houston. Go to [www.gohealthyhouston.org](http://www.gohealthyhouston.org) for a list of these Houston happenings.

Through planned and sustained efforts over the long term, we can reduce existing disparities, build networks of support, and empower communities to live healthier lives.

## READY-SET-GO HEALTHY HOUSTON!

