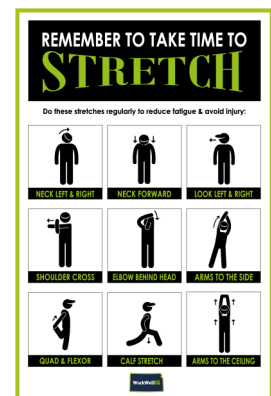
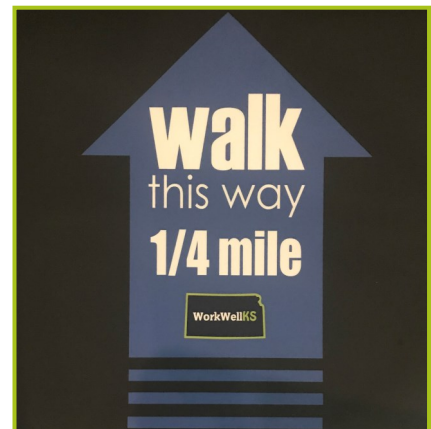


Select from the strategies listed here and utilize the action plan (attached) to formulate a timeline for when specific tasks need to be completed, who needs to complete the tasks, and determine what resources are required.

- Create a walking trail, or measure a route that already exists, and post mile markers on the walking trail
- Enhance walkways and stairwells (e.g. keep areas clean, add artwork, temperature control, music, colorful paint)
- Post point of decision prompts (e.g. use the stairs, stretch while you heat your lunch)
- Provide a space for group or individual exercise



Click [HERE](#) for a guide to create a walking trail

