

Transforming San Antonio Into a Healthy Community Through **Active Living**

Active Living Council



The human body was designed to move. Being physically active is one of the most important things we can do for our health. Active people live longer and healthier lives. Incorporating active living in the daily lives of San Antonio residents will dramatically alter the health and fitness of the community. To achieve this goal, everybody has a role to play.

What is active living?

Active living is a way of life that integrates physical activity into daily routines, such as walking to the grocery store, riding a bike to work or exercising.

Active Living Council of San Antonio

The Active Living Council (ALC) is a committee of the Mayor's Fitness Council and aligns with the vision of SA2020. The ALC's mission is to change policy, infrastructure, and attitudes to make it easier for people to be physically active.

Active Living Plan for a Healthier San Antonio

Created by the Active Living Council, this document provides San Antonio with a roadmap to support a more physically active community.

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Be a Part of the Active Living Movement.

- Learn about active living at activelivingresearch.org.
- Use active transportation (such as walking or biking) whenever possible.
- Support programs and policy, environmental, and system changes that support active living.
- Share information about active living with family and colleagues.
- Create early positive experiences of active living for children.
- Support local businesses that facilitate active living.
- Get involved with the Active Living Council.
- Read and promote the *Active Living Plan for a Healthier San Antonio*.



For more information:

email activelivingcouncil.info@gmail.com or visit FitcitySA.com/ActiveLivingCouncil



The Active Living Council is a multi-sector, community organization focused on making it easier for every person in San Antonio to be physically active.