

# Advocate for Active Communities

An active community is a healthy community – economically, physically, socially and mentally. Why not advocate for it? Active communities include but are not limited to promoting a walking and biking infrastructure, open spaces, access to businesses, and a culture of health. Use this list below to decide how YOU can be a part of the cause!

## Embrace the culture:

- Choose to ride your bike or walk to work, school, the grocery store, the park and other places you frequently visit.
- Respect the motorists. Not all motorists will be kind to you, but if you are friendly and following the law, then they will be more apt to support a walkable and bikeable community.
- Start or join a club that gets outside and plays! (Don't forget to get your kids involved!)
- Have fun! Grab your friends and family and head downtown to lunch on your bikes.
- Organize 'Neighborhood Clean-Up' days.
- Frequently visit [HealthyMesaCounty.org](http://HealthyMesaCounty.org) for bike paths and trails.

## Join local groups and events:

- There are a plethora of local groups advocating for walkable and bikeable communities.
  - Go to: [www.healthymesacounty.org/make-a-difference/take-part](http://www.healthymesacounty.org/make-a-difference/take-part)
- Participate in Bike Month and Bike to Work Day!
  - Go to: [www.healthymesacounty.org](http://www.healthymesacounty.org) for annual information regarding this statewide and countywide initiative.

## Contact your elected officials:

- Attend city council and commissioner meetings to advocate for sidewalks, parks and bike lanes in your neighborhood and the routes you take.
  - Go to: [www.healthymesacounty.org/make-a-difference/take-part](http://www.healthymesacounty.org/make-a-difference/take-part)
- Write letters which articulate the benefits of active communities.
- Influence decisions regarding our community by joining a board.
  - Go to: [www.healthymesacounty.org/make-a-difference/take-part](http://www.healthymesacounty.org/make-a-difference/take-part)
- Get others to get involved and advocate for active communities.

