Dear Colleague:

On September 9, 2015, United States Surgeon General Vivek Murthy formally announced Step It Up! The Surgeon General’s Call to Action to Promote Walking and Walkable Communities. This declaration is vitally important because it will help address a number of chronic health issues facing our country today. This call to action casts a vision to improve the wellness of our citizens and communities. As Members of Congress, we can play a critical role by supporting the call to action and promoting walking among our constituents.

Physical inactivity has become an epidemic in our country. Sedentary behavior and lifestyles have proven to be devastating and a major contributor to a long line of chronic diseases, disabilities and death. In fact, physical inactivity is the fourth leading risk factor for death, exceeding smoking.

That’s why we’re asking you to join us in supporting this effort. The Surgeon General’s Call to Action is designed to mobilize individuals, organizations and communities to take immediate action. As Members of Congress, we are in a position of influence with each of these constituencies. We encourage you to take an active role in sharing the key messages of the Call to Action- in your states, districts and wherever your role takes you. Specific ways you can help include:

- Promote the tenets of the call to action in speeches, public forum discussions and special interest groups
- Support legislation that promotes walking and physical activity
- Serve as an advocate for walking and walkable communities in your states and districts
- Meet with community leaders in education, business, health care and other sectors to encourage their engagement in the call to action
- Join the conversation and follow along on social media by using the hashtag #StepItUp

Imagine the dramatic impact we could have if all Members of Congress came together to promote walking and physical activity with constituents all over this great country. It will take a united effort across all sectors of society but, together, we can positively change the future by addressing one of the major health issues of our time.

We thank you, in advance, for stepping up and supporting the Call to Action on Walking and Walkable Communities. For more information and helpful resources visit the call to action website at http://www.surgeongeneral.gov/library/calls/walking-and-walkable-communities

Sincerely,
Rep. Ron Kind  
Co-Chair  
Congressional Fitness Caucus  
Congressional Wellness Caucus

Rep. Robert Dold  
Co-Chair  
Congressional Fitness Caucus

Rep. Erik Paulsen  
Co-Chair  
Congressional Wellness Caucus

Rep. Rob Wittman  
Co-Chair  
Congressional Public Health Caucus

Rep. Gene Green  
Co-Chair  
Congressional Public Health Caucus

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Rep. Lucille Roybal-Allard  
Co-Chair  
Congressional Public Health Caucus

Rep. Kay Granger  
Co-Chair  
Congressional Public Health Caucus