

# A Healthy and Fit Nation

<http://www.surgeongeneral.gov/initiatives/healthy-fit-nation/index.html>

First Lady Michelle Obama, HHS Secretary Kathleen Sebelius, and Surgeon General Regina Benjamin joined together to help Americans lead healthier lives through better nutrition, regular physical activity, and improving communities to support healthy choices.

"Americans will be more likely to change their behavior if they have a meaningful reward--something more than just reaching a certain weight or dress size. The real reward is invigorating, energizing, joyous health. It is a level of health that allows people to embrace each day and live their lives to the fullest without disease or disability." - *Surgeon General Regina M. Benjamin, M.D., M.B.A.*

**The Vision** First Lady Michelle Obama, HHS Secretary Kathleen Sebelius, and Surgeon General Regina Benjamin joined together to take action to help Americans lead healthier lives.

*The Surgeon General's Vision for a Healthy and Fit Nation* (PDF - 725 KB), released in 2010, outlines prevention opportunities to address our Nation's health needs. Through promoting good nutrition, regular physical activity and stress management, we can lead Americans along their journey to joyous health. [Press Release](#) [Fact Sheet](#)

## The Surgeon General's Every Body Walk! Campaign

To move towards a healthier and fit nation, we must commit to changes that promote the health and wellness of individuals, families and communities. Active living can help set people on the right course; regular physical activity helps people of all ages protect and improve their health. Walking is currently the most commonly reported form of physical activity among U.S. adults. Walking is a simple form of physical activity that can be done almost anywhere. Encouraging Americans to add walking to their daily routine has enormous long term health benefits and can help reach the physical activity goals outlined in the [2008 Physical Activity Guidelines](#).

To explore the roles of walking and walkable communities as effective strategies to increase active living, members of the public can inform an anticipated Surgeon General's call to action to support and promote walking and walkable communities. Input will be collected until May 1, 2013 through the following Federal Register Notice, [Walking as a Way for Americans to Get the Recommended Amount of Physical Activity for Health](#) (PDF - 203 KB).

Get more information and resources on walkable communities from our partner, [America Walks](#). [EXIT Disclaimer](#) and learn more about the [Every Body Walk! Collaborative](#). [EXIT Disclaimer](#)

## Surgeon General Regina Benjamin's Personal Journey

The Surgeon General encourages all Americans to put the joy back into health. Follow Dr. Benjamin as she journeys across the country promoting *A Healthy and Fit Nation* and the *National Prevention Strategy* and engaging communities in walks, dances, and physical activities. She's using the **winning apps** from her Healthy Apps Challenge to show how these free tools can help people reach their personal health goals. [Follow the Surgeon General's Journey.](#)

May 1, 2013 Deadline for Comments via Internet. Electronic comments may be sent via: <http://www.regulations.gov>, docket number CDC-2013-0003. Please follow the instructions on the site to submit comments.

SUMMARY: To address the public health problem of physical inactivity, the Centers for Disease Control and Prevention (CDC), within the Department of Health and Human Services (HHS) announces the opening of a docket to obtain information from the public on walking as an effective way to be sufficiently active for health. The information obtained will be used to frame an anticipated Surgeon General's call to action on this issue.

<http://www.gpo.gov/fdsys/pkg/FR-2013-04-01/pdf/2013-07204.pdf>



**2013 information and tools to be posted shortly**

**Community Health Improvement Week is a national awareness and recognition event designed to:**

- **Raise awareness and increase understanding** of the vital role of community health improvement strategies, as complementary to individual medical care and to broader public health approaches.
- **Demonstrate the value and impact** of your organization's community health initiatives, both within the organization and to a wide range of community stakeholders.
- **Celebrate community health professionals** in a variety of roles (from Community Health Outreach Workers to Vice Presidents of Community Health or Community Benefit) and settings, including hospitals, community health centers, public health agencies, healthy communities coalitions, and more.

<http://www.communityhlth.org/communityhlth/chweek.html>