

## GOOD PRACTICE

# Get Active Orlando

**City**

Orlando

**Country**

Florida, USA

**Population**

243.195

**Mission**

Serving the community by inspiring the public to make active and healthy lifestyle changes. We offer resources, influence policies, shape our environment, and create programs to benefit individuals and the community.

**Organization**

Get Active Orlando

**Target Group**

Citizens of all ages

**Vision**

Get Active Orlando is a dynamic, highly recognized organization promoting physical activity for everyone in our community where active living choices are easy choices.

**Description**

“Get Active Orlando” utilizes innovative approaches to increase physical activity through community design, public policies, programs and communication strategies. Their approach encompasses many fields and disciplines in order to support active living. These include land use planning, transportation, parks, programs, trails and green ways, communications, public health, design, community development and many others.

Developed in the fall of 2003, Get Active Orlando, brings together a multi-disciplinary team representing public health agencies, hospitals, bicycle clubs and shops, neighborhood associations, community organizations, a university, and City government to build a community focused on active living, and aims to promote and enable physical activity that gets people moving in ways that are comfortable and convenient for them and that fit into their lifestyles.





To help with getting people to be more active, they inform the people of benefits for individuals, families, communities, workplaces, and common barriers to physical activity. They also have good tools like walking maps of the city, healthy workplace award scheme, Body Mass Index calculator, surveys, research findings etc. and invite people to participate in voicing their opinions in policy making and infrastructure projects.

### Programs



1. Walk: benefits of walking, tools (step conversions), beginner schedule, how to start
2. Take the Stairs Campaign: inviting businesses and office buildings to participate, reasons to take stairs
3. Bike: Bike give-aways, places to bike, donating a bike, bike safety
4. Community Gardens: Ways to start a community garden
5. Play: List of events in the area



### **For more detail, please contact:**

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