



PROMOTING **ACTIVE** COMMUNITIES

DO YOU WANT A
MORE ACTIVE
COMMUNITY?



Community teams use the **Promoting Active Communities (PAC) online tools** to explore what makes it easy and hard for people to include physical activity in their daily lives. The PAC equips community teams with feedback and action planning tools to make changes that support active living and create vibrant places for all people.

The PAC tools are focused on three pillars that support active communities

CURRENT ENVIRONMENT

The design and
maintenance of the built
environment

POLICIES AND PLANNING

Planning documents,
municipal codes, the
development review process,
and other policies

PROGRAMMING AND PROMOTION

Programs, education, and
outreach

YOUR COMMUNITY TEAM CAN CHOOSE WHICH PAC MODULES TO COMPLETE



CORE
COMMUNITY
READINESS



COMMERCIAL
DISTRICTS



NEIGHBORHOODS



PARKS
AND
RECREATION



SCHOOLS



TRANSPORTATION

For more information, email activecommunities@michiganfitness.org,
visit www.activecommunitytool.org, or scan here.





“ The PAC strengthened our coalition and partnerships and we shared the information with local government officials. ”

Communities that used the PAC say it...

- Was easy to complete.
- Was worthwhile for their community.
- Covered topics that were applicable to their community.

Additionally, the PAC...

- Increased awareness of existing physical activity opportunities in the community.
- Strengthened community collaborations.
- Helped identify and plan for changes supporting active living in their communities.



"The PAC was used to identify and implement low cost, small changes that had a variety of funders, including downtown bike racks, agreements for the city to plow sidewalks during the winter, and purchasing physical activity stencils."

Interested in using the PAC? Let us know!

The PAC is currently being piloted in Michigan as we continue to establish the evidence base. We may also be testing it outside of Michigan, so email us if you're interested.

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