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:

<table>
<thead>
<tr>
<th>CURRENT ENVIRONMENT</th>
<th>POLICIES AND PLANNING</th>
<th>PROGRAMMING AND PROMOTION</th>
</tr>
</thead>
<tbody>
<tr>
<td>The design and maintenance of the built environment</td>
<td>Planning documents, municipal codes, the development review process, and other policies</td>
<td>Programs, education, and outreach</td>
</tr>
</tbody>
</table>

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](mailto:activecommunities@michiganfitness.org), visit [www.activecommunitytool.org](http://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.

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.

activecommunities@michiganfitness.org