

United States Senate

WASHINGTON, DC 20510

November 4, 2015

Dear Colleague,

On September 9, 2015, United States Surgeon General Vivek Murthy announced *Step It Up! The Surgeon General's Call to Action to Promote Walking and Walkable Communities*. This important call to action provides strategies to improve the wellness of our citizens and communities through increased physical activity. As Members of the Senate, we can play a vital role in supporting the Call to Action and promoting changes that can make our communities a healthier place to live.

Physical inactivity is a growing problem in America. Sedentary behavior is a major contributor to many chronic diseases, disabilities and death. In fact, physical inactivity is the fourth leading risk factor for death, exceeding smoking.

That is why we are 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. We encourage you to take an active role in sharing the key messages of the Call to Action in your states. Specific ways to help include:

- Promote the program's goals with constituents, business leaders, and local governments
- Support legislation that promotes walking and physical activity
- Serve as an advocate for walking and walkable communities in your state

Thank you for supporting the Call to Action to Promote Walking and Walkable Communities. Together we can make a positive impact on the health and wellness of our constituents.

Sincerely,



Amy Klobuchar
United States Senator



John Thune
United States Senator