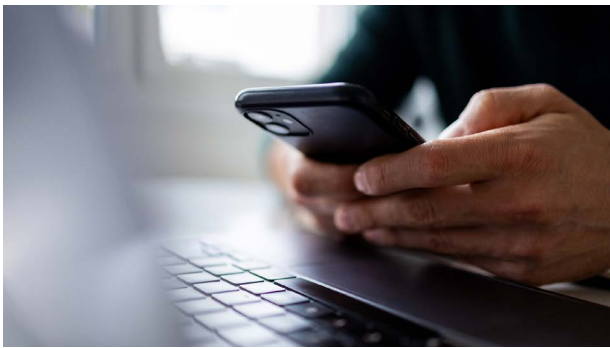


Your Voice Matters: **A Quick Guide to Advocacy**

Want to make a difference in your community?
Get involved in local advocacy! Here's how:



Educate Yourself:

- Get your city's data from the [American Fitness Index](#)
- Understand evidence-based policies, initiatives, and funding with [The Community Guide](#)
- Stay in the know with [ACSM's Advocacy Newsletter](#)



Develop and Communicate Your Message:

- Share your personal story, data, and resources
- Submit opinion pieces to local newspapers
- Engage on social media



Connect with Others:

- Join or create a coalition or advocacy group
- Network to educate community members and stakeholders
- Organize local events to build public awareness



Contact Your Elected Officials:

- Write letters or emails to share local data from the Fitness Index
- Meet with your officials directly to support policies and infrastructure that promote physical activity
- Speak up at town hall events, city council meetings, or other local events

Your voice matters! Get involved today and help create a healthier, active community. For more information on the Fitness Index contact afi@acsm.org or for more on ACSM advocacy issues visit <https://acsm.org/about/advocacy/>.