



A public awareness campaign to encourage Alabamians to increase their physical activity facilitated by the Alabama Obesity Task Force.

Mission - Increase physical activity to improve health and quality of life.

Vision - To promote a healthy lifestyle throughout Alabama through the create and encouragement of physical activity opportunities for everyone.

Goals -

- Increase physical activity opportunities
- Educate residents about physical activity benefits
- Provide relevant guidelines on physical activity
- Identify and connect community resources

This is about making our state more competitive. Economic performance, safety, health, the environment, community cohesion - they all improve when people move.

#GETMOVINGAL

Participate on social media with monthly promotional themes!



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