Move with the Mayor™ is an initiative that works with mayors across the country to challenge their communities to be more physically active. Mayors encourage their citizens to take literal steps to improve their health by walking since it is one of the easiest ways to lower one’s chances of heart disease and its risk factors, like high cholesterol, high blood pressure, and diabetes.

Implementing Move with the Mayor is flexible, based upon what works for you and your team. Check out how other cities have done!

**MAYOR JIM SCHMITT**

Frequency: Every Tuesday at noon at City Hall throughout the month of September and occasionally throughout the year.

Participants: All city employees are invited to participate. Mayor Schmitt also holds walking meetings twice a week.

Communications: An email with reminders is sent to city employees, flyers are posted along the buildings, and the walks are posted in the employee calendar.

**MAYOR RUBEN PINEDA**

Frequency: Every Saturday of the year at one of the city’s public elementary schools, Mayor Pineda joins kids throughout the city on walks around parks and hiking trails.

Participants: Elementary school children, parents, and teachers.

Communications: An email and flyer are distributed to parents and teachers by Healthy West Chicago.

**MAYOR SHARON WESTON BROOME**

Frequency: Mayor Broome partnered with local organizations to walk, bike, run, and have fun with group exercise throughout the parish each week in September.

Participants: Baton Rouge residents.

Communications: Events were communicated through the mayor’s and Healthy Baton Rouge social media platforms and through posters and flyers.

To get your city involved contact: John.Clymer@NationalForum.org