

## Websites for Walking Initiatives & Resources

- ▶ ACTIVE 2010 — [www.ACTIVE2010.ca](http://www.ACTIVE2010.ca)
- ▶ Alberta Centre for Active Living – [www.centre4activeliving.ca](http://www.centre4activeliving.ca)
- ▶ American On the Move: simple steps to better health – [www.americaonthemove.org](http://www.americaonthemove.org)
- ▶ Center for Disease Control (CDC) – StairWELL to Better Health – <http://www.cdc.gov/nccdphp/dnpao/hwi/toolkits/stairwell/index.htm>
- ▶ The Centre for Sustainable Transportation – <http://www.centreforsustainabletransportation.org/>
- ▶ Clean Air Partnership – [http://www.cleanairpartnership.org/active\\_transportation](http://www.cleanairpartnership.org/active_transportation)
- ▶ Health Canada – Stairway to Health – [www.phac-aspc.gc.ca/sth-evs/english/](http://www.phac-aspc.gc.ca/sth-evs/english/)
- ▶ Metrolink – Stepping it up project: [http://www.metrolink.com/en/projectsandprograms/steppingitup/stepping\\_it\\_up.aspx](http://www.metrolink.com/en/projectsandprograms/steppingitup/stepping_it_up.aspx)
- ▶ United States Department of Health & Human Services – Take a Small Step to Get Healthy – [www.smallstep.gov](http://www.smallstep.gov)
- ▶ Walk 21 (The International Charter for Walking) - [www.walk21.com](http://www.walk21.com)
- ▶ Walking the Way to Health – [www.whi.org.uk](http://www.whi.org.uk)
- ▶ Walk Texas – <http://www.dshs.state.tx.us/diabetes/walktx.shtm>
- ▶ Walking Works: The Blue Program for a Healthier America – Blue Cross Blue Shield – <https://secure.bcbs.com/walkingworks/>
- ▶ 10,000 Steps Rockhampton Project – Queensland – [www.10000steps.org.au](http://www.10000steps.org.au)