

# Bring the Monday Mile to Your Town!

## 1. Identify a 1-mile route

Ask yourself if the route...

- is familiar to your community
- is safe
- is frequently used
- has cultural or historical significance



## 2. Establish a starting time & location

- Schedule a walking meeting
- Start a walking club
- Make it a weekly family, work place, or school tradition



## 3. Spread the word!

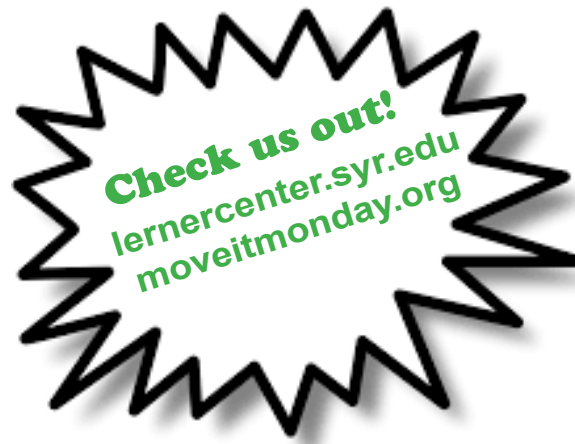
- Send an office or school-wide email
- Use social media  
**#MondayMile**
- Invite neighbors, friends, and colleagues

## Syracuse University

Maxwell School of Citizenship and Public Affairs  
Lerner Center for Public Health Promotion

The Lerner Center for Public Health Promotion at Syracuse University is responsible for the Healthy Monday Syracuse campaign, a national public health initiative to help stop the spread of chronic and preventable disease by offering weekly programs and prompts to support the community in starting and sustaining healthy behaviors. Move-It Monday (and the Monday Mile!) is one of many Healthy Monday programs.

The mission of the Lerner Center at SU is to improve population health through applied research and evaluation, education, engaged service, and advocating for evidence-based policy and practice change.



# How to Create Your Own



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## First of all, what is the Monday Mile?

The Monday Mile is a part of **Move-It Monday**, an international campaign that encourages physical activity, wellness, and community. It's a fun way to get in your daily exercise and jump start your week!

**MOVE IT  
MONDAY!**

## Why Monday?

Research shows people:

- View Monday as a “fresh start”
- Are more likely to start an exercise routine on Monday & stay active during the week!



## Join the National Movement!



1. Reach out to local organizations who may be interested in a Monday Mile (Consider schools, hospitals, or your local parks department).
2. Walk the established route and determine where signage could go.
3. Talk with your town board or public officials to create an action plan.



We encourage you to consider how accessible and inclusive your Monday Mile is. Is the route...unobstructed? Well-lit? Relatively flat? Wide enough for people of all abilities? Does it have a stable surface?

## Questions or Concerns?

**To create a Monday Mile route:**

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**For info on Monday Mile Programming:**

Program Associate  
The Monday Campaigns  
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