



BE MORE
HEALTHY CHOICES ADD UP

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PHYSICAL ACTIVITY POINT-OF-DECISION PROMPTS

What are point-of-decision prompts?

Point-of-decision prompts are motivational messages, urging individuals to be more active. Small signs bearing inspirational quotations or relevant statistics are placed in prominent locations, encouraging increased physical activity.

What are the benefits of a point-of-decision prompt?

Effective Locations:

parks
schools
health centers
libraries
workplaces

ORGANIZATIONS

Organizations can benefit from implementing point-of-decision prompts in various locations on their premises to improve community and/or employee health.

INDIVIDUALS

Prompts motivate individuals to be more active. Physical activity enhances physical health by improving lung capacity and strengthening the heart.

Physical activity also burns excess fat tissues and builds stronger muscle tone. Higher levels of activity improve overall health status and lower the risk of chronic conditions, such as cardiovascular disease and diabetes. Increased activity also reduces emotional stress and anxiety.

Reference

Soler R, Leeks K, Buchanan L, Brownson R, et al. Point-of-decision Prompts to increase Stair Use. *Am J Prev Med.* 2010; 38(25): S292-S300. http://www.thecommunityguide.org/pa/environmental-policy/Worksite2010POD_Soler.pdf



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