

## **Environment Committee Meeting**

### **Leading Healthy Communities – Move with the Mayor**

Mayors have important leadership roles in setting the tone for the culture and vibrancy of their communities. A popular national program called Move With the Mayor recognizes this unique mayoral influence in fostering active, healthy lifestyles in the community.

Join us for the July Environment Committee meeting to learn about the [Move With the Mayor \(MWTM\)](#) initiative and the many resources they offer to help mayors lead their community in healthy activity. We are very proud that many of our [DuPage mayors](#) demonstrated leadership in MWTM in previous years and the [US Conference of Mayors](#) endorses the program.

#### **Meeting Details**

**Topic:** Leading Healthy Communities – Move with the Mayor

**Date:** Tuesday, July 19, 2022

**Time:** 10 to 11:30 a.m.

**Register:** Please register in advance with the Zoom link that was sent to Environment Committee members.

Move With the Mayor is an annual initiative, in partnership with the National Forum for Heart Disease & Stroke Prevention, that encourages communities to host physical activity challenges, such as walking or biking. Mayors encourage their communities to be physically active to lower their chances of heart disease and its risk factors like high cholesterol, high blood pressure, and diabetes. Interested communities will go through an onboarding process in July and August.

The MWTM campaign complements policies and programs being highlighted through our [Taking Climate Action by Prioritizing Walking, Biking, and Transit](#) event series and research being done in partnership with the Metropolitan Planning Council and the Active Transportation Alliance to create connected, healthy, and resilient communities with walking and biking infrastructure and policies.