

The Colorado On the Move Experience

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Colorado On the Move's first programs were started in late 2001. We officially launched in October 2002 with the backing of Gov. Bill Owens and numerous private and public partners. Since our inception we have engaged approximately 200,000 individuals and over 1000 worksites and organizations.

We have been able to demonstrate that individuals can make small changes in physical activity and dietary intake and are now striving to engage entire communities to support that individual in their endeavor to sustain lifestyle changes. The communities of Stapleton and Lowry located in Denver, have demonstrated a commitment to active living. Colorado On the Move is working with these communities to engage non-traditional partners. Together we have been able to bring programming to people that encourages use of these newly built environments. Schools and children have been a big part of our efforts.

It is a continual process to engage additional business, organization, and restaurant partners to sustain the efforts of the individual to make lifestyle changes that lead to better health. Our goal in Colorado is to create models that can be utilized across the country by other America On the Move affiliates.