



Playground

Stickball Field

Community & Pollinator Garden

Food Distribution Center

Powwow Grounds

Culture Center

Walking Path Key

-  Water Fountain
-  Picnic Table
-  Shaded Seating
-  Crosswalk
-  Mile Marker

AICAF Physical Activity Resource Guide

This guide from the American Indian Cancer Foundation (AICAF) supports Native communities in creating safe, active, and culturally rooted spaces that promote movement, wellness, and connection. By fostering environments that encourage physical activity, we honor traditional ways of living and help prevent chronic diseases like cancer, diabetes, and heart disease.

The Importance of Safe & Active-Friendly Routes

This resource is designed to help communities:

- Envision walking paths, bike routes, and public spaces that reflect tribal identity and traditional values
- Improve safety, connectivity, and access to community services
- Create welcoming spaces for movement, wellness, and cultural expression

Who and Where is this Resource For?

This resource is for Native communities and organizations looking to create safe, welcoming spaces for movement.

It can be used for:

- Elder housing or tiny home villages
- Pow-wow grounds or cultural event spaces
- Schools and youth centers
- Clinics and wellness centers
- Urban Native neighborhoods or community hubs

Think about: Where in your community could paths, gardens, or play areas be added or improved?

How Can This Benefit Your Community?

Adding safe, active spaces can:

- Support health and reduce chronic diseases and cancer
- Create places where families, elders, and youth can connect
- Celebrate culture through art, language, and traditional games
- Improve safety with lighting, crosswalks, and clear routes
- Provide healing spaces connected to the land

Ask: Which of these benefits would matter most in your community?

Who Should You Engage?

- Elders and cultural leaders – bring in traditional knowledge
- Youth and families – ensure spaces are fun and safe
- Tribal leaders and councils – for approval and support
- Health programs or clinics – link activity to wellness
- Planning or public works staff – help with paths, lighting, and access

Ask: Who in your community could help make this happen?

Tips and Tricks: Approaching Leadership and Stakeholders

- Share the infographic and highlight how physical activity connects to health, cancer prevention, and culture.
- Emphasize community benefits: improved safety, more family-friendly spaces, and alignment with cultural identity.
- Suggest starting with small, visible wins (like shaded seating or mile markers) to build momentum.

Ideas for Implementation:

- Plan a walk with community members to check which routes or trails feel safe and where improvements are needed.
- Host a "design your dream walking path" activity at a community event.
- Partner with local programs (gardens, powwows, youth programs) to integrate movement-friendly spaces.

Need Support?

AICAF is here to help. Contact us at **REACH@aicaf.org** for technical assistance, presentation materials, or to connect with other communities doing similar work.



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