

Physical Activity Alliance's "Move With US" Symposium Brings National Leaders Together to Advance a More Active America

100 leaders from more than 70 organizations gathered in Alexandria, Virginia, for a day focused on turning ideas into action.

ALEXANDRIA, Va. — October 2026 — The Physical Activity Alliance brought together 100 leaders representing more than 70 organizations for its 2026 Move With US Symposium, held September 23 at the American Physical Therapy Association's Centennial Center in Alexandria, Virginia.

The invitation-only gathering convened leaders from healthcare, public health, business, fitness, transportation, community development, philanthropy, academia and government around a common goal: creating a country where being physically active is easier, more accessible and more deeply integrated into everyday life.

The day featured a series of highly interactive conversations focused not simply on the importance of physical activity, but on what it will take to help get more people moving.

"Move With US demonstrated what is possible when people from different sectors come together around a shared purpose," said Mike Stack, President of the Physical Activity Alliance Board of Directors. "There was tremendous energy in the room, but even more importantly, there was a real spirit of collaboration. People came ready to listen, contribute and think differently about how each of us can help make physical activity a more natural part of everyday life. That is exactly the kind of collective action this moment requires to gain traction on a national level."

The symposium opened with a conversation on "What Actually Gets People Moving?", exploring the behavioral, cultural and environmental factors that influence physical activity.

Throughout the day, leaders examined opportunities to make movement part of daily life across multiple settings and stages of life, including:

- **Building Communities Where Movement Is Part of Everyday Life**, exploring how community design, transportation, recreation and local leadership can support active living.
- **From Childhood to Healthy Aging**, examining the role of physical activity across the lifespan.
- **It's Time to Move: Healthcare**, focused on making physical activity assessment, counseling, referral and follow-through a more routine part of healthcare delivery.
- **From National Vision to State Action**, highlighting opportunities to translate national physical activity strategies into meaningful action at the state and community levels.

- **Policy for Action**, bringing together policy leaders to discuss how public policy can create environments and systems that make physical activity easier and more accessible.

The gathering reflected the Physical Activity Alliance's growing emphasis on connecting sectors that do not always find themselves in the same room. Health systems, nonprofit organizations, professional associations, businesses, policymakers, community leaders and physical activity experts all have different tools at their disposal, but each has a role in creating conditions that help people move more.

"Physical inactivity is too large and complex a challenge for any one organization or sector to solve," Stack added. "What was so encouraging about Move With US was seeing how many talented, committed people are ready to work across traditional boundaries. The opportunity now is to turn that enthusiasm into sustained action."

The Physical Activity Alliance will be working with symposium participants and partners in the months ahead to build on the ideas, relationships and opportunities that emerged from the gathering. For more information on how your organization can be part of the conversation, please email Tom Richards, tom.richards@paamovewithus.org.

About the Physical Activity Alliance

The Physical Activity Alliance is the nation's leading coalition dedicated to advancing policies and systems that make physical activity a more accessible and routine part of everyday life. The Alliance brings together organizations and leaders from across sectors to advance a shared vision of a more active America.

For more information, visit paamovewithus.org.