

Header Navigation

AOM also has a header navigation menu in the upper right corner, under the white toolbar. Look here for background information about AOM, including the science behind the small changes approach.

Spanish-speaking participants can find instructions and tools in Spanish here.

The programs section outlines how AOM can be implemented in different environments, including school, work, and home. This section also includes a page listing all the tools available on the site. If you're not logged in, it's just a list. But for those who are logged in, the list changes so that you can quickly see and download any tool you would like to reference.

On the far right of the header is the store, where you can purchase pedometers to help you track your steps. AOM does not sell pedometers. The store provides information about pedometers from AOM's preferred pedometer vendor. You can place an order with them.

