

Sample Activity Living Policy

_____ is concerned about the health of our _____ (family, business, congregation, organization).

Purpose Statement

People have become more and more interested in eating better and being more active; Both heart disease, cancer and stroke --the top three causes of death in Georgia--are largely affected by what we eat and how active we are. Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases and achievement of healthy body weight.

Goals

Effective _____, it is the policy of _____

that activities and events sponsored or supported by this _____ (family, business, congregation, organization) will include opportunities for physical activity:

- Physical Activity Breaks In Meetings
Examples include facilitated activities such as stretch breaks or icebreakers.
- Identification of Physical Activity Opportunities
Examples include provision of map with walking routes and local attractions; identification of recreational and exercise facilities; organization of walking groups and other group activities.
- Supportive Schedules to allow physical activities
Examples include flexible work schedules; longer lunch breaks to allow activity; as well as scheduled and/or facilitated stretch breaks integrated into meeting agendas.
- Encouragement from group leadership to engage in physical activity
Examples include promotion of healthy lifestyles; employee leadership promoting physical activity for employees; group leadership being a role model.

Procedures This should be based on what your _____ (family, business, congregation, organization) is actually committing to do)

As an _____ (family, business, congregation, organization) we will:

- Host a physical activity program once (2x, 3x, etc) per (week, month)
- Encourage use of gym memberships, walking tracks, and other off site activities for wellness break activities
- Form a walking club and walk _____ x per week
- Offer Aerobics classes _____ x per week
- Map a walking trail around our property
- Other _____

Enforcement

As an (family, business, congregation, organization), we will be responsible encouraging (family, business, congregation, organization) children to be active 60 minutes daily and adults 150 minutes per week.

Assistance

As a _____ (family, business, congregation, organization), we will be responsible for providing support and materials on the importance of physical activity.

Authorizing Signature

Name

Date