

# Sample Physical Activity Policy

For use within any organization/agency or community group.

**Whereas:**

\_\_\_\_\_ (fill in your worksite, church, school, etc., name here) is concerned about the health of our \_\_\_\_\_ (employees, members);

**Whereas:**

People have become more and more interested in eating smart and moving more;

**Whereas:**

Heart disease, cancer and stroke--the top three causes of death in North Carolina--are largely affected by what we eat and how physically active we are;

**Whereas:**

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

**Therefore:**

Effective \_\_\_\_\_ (today's date), it is the policy of \_\_\_\_\_ (fill in your organization's name) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by :

- **Building physical activity breaks into meetings**

Examples include facilitated activities such as stretch breaks or icebreakers.

- **Identifying 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.

- **Supporting schedules to allow physical activity**

Examples include flexible work schedules; longer lunch breaks to allow activity; as well as scheduled and/or facilitated stretch breaks integrated into meeting agendas.

- **Providing encouragement from group leadership to engage in physical activity**

Examples include community promotion of healthy lifestyles; employee leadership promoting physical activity for employees; group leadership being role models for physical activity.

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Signature Title

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Name of Organization, Faith Group, Community Group, Worksite, School, Health Care Facility

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Date