

SAMPLE PHYSICAL ACTIVITY WORKSITE POLICY

Whereas:

_____ (*fill in your worksite name*) is concerned about the health of our employees.

Whereas:

People have become more and more interested in eating better and being more active;

Whereas:

Heart disease, cancer and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how 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 worksite name*) that activities and events sponsored or supported by this organization will include opportunities for physical activity: (*These are some of the examples discussed—the policy may be written to address only one change at the time or multiple policies.*)

- **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; modified meal 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 employee leadership promoting physical activity for employees; group leadership being a role model.

Signature _____ Title _____

Name of Worksite: _____