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Northwest Community Support Program

7000 57th Ave N, Suite 100

Crystal, MN 55428

**NWCSP Physical Activity Policy**

Purpose: NWCSP Physical Activity Policy supports the health of staff and members by providing opportunities to participate in regular physical activities.

It is widely recognized that inactivity is a serious health risk. Lack of physical activity has clearly been shown to be a risk factor for cardiovascular disease and other conditions (John’s Hopkins University):

* Less active and less fit people have a greater risk of developing high blood pressure.
* Physically active people are less likely to develop coronary heart disease than those who are inactive. Research supports this even after accounting for smoking, alcohol use, and diet.
* Lack of physical activity can add to feelings of anxiety and depression.
* Physical inactivity may increase the risk of certain cancers.
* Physically active overweight or obese people significantly reduced their risk for disease with regular physical activity.

*According to the American College of Sports Medicine, to improve health, adults should aim for 30 minutes of activity, equivalent to brisk walking, most days of the week. For added benefits, aim for 20 minutes of vigorous cardiovascular activity twice a week and resistance (strength) training sessions that includes all major muscle groups two days a week.*

What we are doing:

* One or more physical activity opportunities will be provided each week day. These may include classes, sports, games and walking opportunities. Activities will be appropriate for different fitness levels and abilities. Health coaching is available to members.
* Physical activity opportunities are open to all NWCSP members and staff.
* Member picnics and special events will include a physical activity component that will be appropriate for different fitness levels and abilities.
* Staff retreats will include a physical activity component that will be appropriate for different fitness levels and abilities.
* When appropriate, short physical activities (stretch breaks, movement breaks) will be included in otherwise sedentary groups, classes and meetings.
* NWCSP will participate in organizational and community-sponsored physical activity challenges that are appropriate for members and staff. (ex. Step to It Challenge).
* NWCSP will provide educational opportunities for members and staff including, but not limited to: written materials, posters, speakers, newsletter articles and workshops.
* NWCSP will provide information regarding physical activity opportunities outside of the organization. (ex. YMCA reduced-cost memberships, insurance reimbursement programs)