**Sample Physical Activity Policy**

*For use within any organization seeking to increase opportunities for physical activity.*

**Whereas:**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (organization name) is concerned about the health of our members;

**Whereas:**

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

**Whereas:**

Cancer, heart disease and stroke—the top three causes of death—are largely affected by what we eat and how physically active we are;

**Whereas:**

Physical activity is associated with many positive health benefits and can prevent or delay the onset of many chronic diseases;

**Therefore:**

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

* **Building physical activity breaks into activities, programs, meetings, conferences and events**

Such as stretch breaks, icebreakers or other activities

* **Identifying physical activity opportunities**

Such as maps with walking routes and local attractions; recreational and exercise facilities; organizing walking groups and other group activities

* **Supporting schedules to allow physical activity**

Such as encouraging flexible work schedules; longer lunch breaks to provide time for physical activity; and adding physical activity breaks to meeting agendas

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

Such as promoting healthy lifestyles; physical activity for members and employees; serving as role models for staff

|  |  |
| --- | --- |
| Signature |  |
| Title |  |
| Organization Name |  |
| Date |  |

Adapted from policy created by the Physical Activity & Nutrition Branch, North Carolina Division of Public Health, February 2012.

**Insert Your Logo Here**