

# 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 in North Carolina—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 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 employees; serving as role models for staff

Signature \_\_\_\_\_ Title \_\_\_\_\_

Organization Name \_\_\_\_\_ Date \_\_\_\_\_



Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We work to help communities, schools and businesses make it easy for people to eat healthy food and be physically active. Visit our website [www.EatSmartMoveMore.com](http://www.EatSmartMoveMore.com) to learn more about the movement and resources.