

Policy Sample

Policy: **Increasing Physical Activity**

Approved by:

Effective: day/month/year

Policy #

Revised:

PREAMBLE:

Regular physical activity is known to have positive impacts on health. In 2012, the [Canadian Society for Exercise Physiology](#) developed the [Canadian Physical Activity Guidelines](#) for adults 18-64 years. Making positive change and supporting physical activity can lead to improved employee health and well-being. This leads to improved employee satisfaction and commitment, and contributes to a more productive workforce.

POLICY:

(*Company Name*) is committed to creating a work environment that promotes and supports employee efforts to be physically active during their workday and in our community.

(*Company name*) will support Employee Wellness Committee driven opportunities that:

- increase employee awareness of the health benefits of being physically active
- Support and encourage physical activity for employees while at work

SCOPE: all employees of (*company name*)

PROCEDURE: This (*name of workplace*) will support opportunities to increase **Physical Activity** as follows:

- Provide opportunities for physical activity breaks during meetings (e. g. adding physical activity breaks to agendas)
- Support flexible schedules to encourage time for physical activity prior to, during and/or after work
- Encourage breaks to reduce prolonged sitting; stretch breaks, walking breaks/walking meetings (provide access to stretch videos, provide walking maps)
- Provide leadership in promoting physical activities (i.e. Physical Activity Challenge, Incredible Chase) and being a role model