

9. Physical Activity at Work Policy (Sample)

Policy: **Physical Activity at Work**

Policy #:

Approved by:

Effective:

Revised:

PREAMBLE: Regular physical activity is known to have positive impacts on health. A minimum of 150 minutes of physical activity weekly will reduce the risk of heart disease by 50 per cent along with a decreased risk of diabetes, stress, osteoporosis and lower back pain (Benchmarks Study, 1997, CFLRI).

POLICY:

(Company Name) is committed to creating a work environment that promotes employee health, physical activity and contributes to the health of 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: All employees will have access to;

- Onsite facilities (i.e. showers, change rooms, bike racks) and fitness equipment free of charge or, cost sharing, or reimbursement of offsite fitness centre fees up to a maximum of \$200 per year, with submission of receipts.
- Office and plant area stretch breaks.
- Flextime to accommodate participation in physical activity programs/activities of the employees choice or as offered on work-time
- Regular educational sessions/programs and resources offered on physical activity, as well as regular reminders of the importance of eating healthy and physical activity while at work.
- A minimum of two social events for employees and their families that have a physical activity component that will be planned each year.
- A simple survey tracking their physical activity success.
- Rewards through an incentive program.

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