

Sample Physical Activity Policy



Dear Faith Community Member:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a large toll on the health of our citizens and our communities. It has been estimated that \$24.1 billion spent by North Carolinians on health care costs is related to physical inactivity, excess weight, type II diabetes, and low fruit and vegetable consumption.

According to Dr. Bill Dietz, MD, PhD, Director of the Division of Nutrition, Physical Activity and Obesity, at the Centers for Disease Control and Prevention (CDC), "...North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases."

You can join this initiative and take action today! Adopt the sample physical activity policy on the reverse side of this sheet and use it in the following ways:

- **Share it with your *faith community* and encourage a policy that supports physical activity in a variety of ways.**
- **Share it with your *employer* and encourage a worksite policy that supports physical activity breaks at meetings, designated walking routes or other activity opportunities, and flexible work schedules to allow physical activity.**
- **Share it with the variety of *community groups* in which you may be involved.**
- **Take the pledge to be physically active and encourage your family members and friends to join you.**

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 want communities, schools and businesses to make it easy for people to eat healthy food and be physically active. We encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.

Visit www.EatSmartMoveMoreNC.com to locate potential partners and learn about additional ways to get involved.

Sample Move More Policy— Ten Minute Physical Activity Policy



Because

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

Because

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

Because

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;

Because

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress; and

Therefore:

Effective December 1, 2008 it is the policy of Interfaith Community that **at least 10 minutes of physical activity will be offered during weekly adult, children and youth educational class.**

Signature _____ Title _____

Name of Faith Community _____

Date _____

*Note: Your faith community can implement a policy that includes changes like: incorporating physical activity into every faith community gathering, providing weekly physical activity messages on the bulletin or in newsletters, or mentioning physical activity messages regularly in leaders' talks or sermons. For more examples of policies, refer to the Move More Policy section of this Resource Guide.