

Physical Activity Policy

Dear Church Members:

It is time to take action for ourselves, our families, our community, and our great State. Poor nutrition and lack of physical activity are taking a significant toll on the health of our citizens and our communities. Millions of dollars are being spent each year on medical and lost productivity costs in NJ due to poor nutrition, overweight, obesity, and physical inactivity.



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 church and encourage a policy that supports physical activity in a variety of ways.**
- **Take the pledge to be physically active and encourage your family members and friends to join you.**

Physical Activity Policy

Whereas:

_____ is concerned about the health of its members; and
(Fill in church name)

Whereas:

People are interested in eating smart and moving more; and

Whereas:

Heart disease, cancer and stroke - the top three causes of death in New Jersey - are largely affected by what we eat and how physically active we are; and

Whereas:

Physical activity is associated with many positive health benefits and can prevent or delay the onset of many chronic diseases and short amounts, of 10 minutes or more, can contribute to these benefits.

Therefore:

Effective, _____ it is the policy of _____
(today's date) *(fill in church name)*

that all meetings and events (examples of events may include: meetings, conferences, summits, Bible study classes, Vacation Bible School, etc.) sponsored or supported by this organization will always include opportunities for physical activity by:

- **Providing 10-minute physical activity breaks during the scheduled event.**
- **Providing time before and/or after the event for physical activity and adjusting the schedule when necessary.**
- **Choosing venues that offer physical activity opportunities for participants.**
- **Providing encouragement from group leadership for physical activity.**

Print Name

Title

Signature

Date

Name of Organization (fill in church name)