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Sample Policy to Promote Physical Activity:

_____ will ensure the availability and encourage clean, attractive safe stairwells and walking paths throughout our facilities.

Purpose:

To provide an environment that supports opportunities for physical activity.

Intent, Scope, and Periodicity:

- This policy is intended to encourage physical activity in an attempt to prevent obesity and chronic disease.
- This policy takes effect immediately upon the signature of_____
- This policy will be revised as needed. However, the most recently-approved version remains in effect until a revision is approved.

Procedures:

The following addresses ways to provide physical activity opportunities in various settings.

1. Facilities will assess stairwells for cleanliness, safety, appeal and accessibility, if applicable.
2. Facilities will identify layout for walking paths to include distances.
3. Information will be made available regarding stairwell use and walking paths activities and its benefits of increasing physical activity through a variety of media including educational materials and websites.
4. Prompts to take the stairs and use the walking paths will be posted.
5. Safety concerns, i.e., injury prevention, crosswalks, sidewalk maintenance, etc. will be addressed through education, employee suggestion mechanism and/or facility operations.

Approved by:

Signature

Date