



## Movement and Play Policy

(This policy is provided as a sample only. Please revise and amend to suit the needs of your agency.)

### Rationale

We want to increase the availability and use of safe places to play and be physically active for all young children and their families. **Physical Activity is fun and good for everyone!** Providing physical activity opportunities for employees improves their ability to role model and encourages clients to adopt healthier lifestyles.<sup>1</sup>

#### For young children active play...

- **Supports growth for young children and encourages lifelong healthy behaviors**
- Promotes healthy weight and reduces the risk of chronic disease
- Promotes physical motor development, increases self-esteem, and helps with cognitive skills such as reading and writing.
- Sets the stage for reduced screen-time.

#### For adults movement and physical activity...

- Improves performance at work and school
- Improves mood and mental health
- **Models healthy behavior for young children and others**
- Reduces risk for chronic diseases and the need for associated medical costs (*People that engaged in moderate levels of physical activity have lower direct medical costs than those who are inactive.*  
Source: Centers for Disease Control and Prevention; <http://1.usa.gov/otXBXZ>)

**<Insert agency name> is committed to promoting an atmosphere of movement and play!**

**<Insert agency name>** will adopt policies that support families and/or clients with children to be active at our agency. *Examples include:*

- Provide a small area for movement and play equipment (floor mats, balls etc.)
- Play music or DVD/videos that encourage activity.
- Establish a site-specific committee to assess the workplace
- Implement a child friendly physical activity plan that promotes laughter and fun and encourages at least 30 min of moderate to vigorous physical activity.

**<Insert agency name>** will adopt policies to raise awareness and to support employees to be more physically active. *Examples include:*

- Add a physical activity/or stretch break to all meetings that last an hour or more.
- Implement a standing ovation policy for every meeting.
- Organize a site-specific committee to implement a physical activity plan that promotes laughter and fun. Involve staff. Involve decision makers.
- Conduct short physical activity trainings during staff time.

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<sup>1</sup> Crawford, P.B. *Walking the Talk: Fit WIC Wellness Programs Improves Self-Efficacy in Pediatric Obesity Prevention Counseling.* American Journal of Public Health | September 2004, <http://ajph.aphapublications.org/cgi/reprint/94/9/1480.pdf>