



## Movement and Play Policy

### 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>

### **Fresh Approach** is committed to promoting an atmosphere of movement and play!

**Fresh Approach** 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 at VeggieRx clinic sites (floor mats, balls etc.)
- Implement a child friendly physical activity plan that promotes laughter and fun.
- Provide tools to implement an exercise component of the VeggieRx program.

**Fresh Approach** 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.
- Conduct short physical activity trainings during staff time.
- Encourage Farmers' Market Managers to encourage physical activity at their markets.

**Fresh Approach** adopted this ***Movement and Play Policy*** on 2/28/2013

Signed, Allen Moy, Executive Director

<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>