



## Bethlehem Missionary Baptist Church

# Health and Exercise Practices and Policies

**Position Statement:** As a faith-based organization that employs staff, has volunteers, serves the church community, and hosts community events, we are committed to promote health and wellness by providing health and movement opportunities.

Therefore, Bethlehem Missionary Baptist Church will:

- Provide health and wellness seminars throughout the year.
  - Blood pressure checks
  - Annual health fair
- Create opportunities for movement for church members and staff, and young children, such as “prayer walks,” stretch breaks, recreational exercise classes, and free play for young children..
- Find and capitalize on opportunities to promote exercise/movement to church members and staff.
- Provide a 5-minute physical activity break for every meeting, including sessions for young children during Christian Empower Hour and Children’s Church, that lasting 90 minutes or longer. .
- Provide prayer & fellowship walks.

## We are implementing the following 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.

<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>



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### For adult 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>*)

**Bethlehem Missionary Baptist Church is committed to promoting an atmosphere of movement and play!**

**Bethlehem Missionary Baptist Church** 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.

**Bethlehem Missionary Baptist Church** 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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