



HOPE Resources 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.¹

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>

HOPE Resources is committed to promoting an atmosphere of movement and play!

HOPE Resources

HOPE Resources will adopt policies that support families and/or clients with children to be active *for at least 30 min per day* at our agency. *Examples include: Bend & Bounce Tot's*

- Implementing a child friendly physical activity plan that promotes laughter and fun. Bend & Bounce Tot's is suitable for children ages 2.5 to 5 years. We incorporate music, creative movement, games and stories with more traditional yoga postures to strengthen, stretch and relax the body. Simple breathing exercises and short meditation sessions are included for just a few minutes at a time. The class also combines an exciting introduction to dance and movement. It comprises of a fun fast-paced warm-up followed by learning basic dance skills. Sequences incorporating basic dance steps, kicks, jumps are integrated into a dance routine featuring a wide variety of music. Parent participation is essential but not mandatory.

HOPE Resources will adopt policies to raise awareness and to support Community Partners to be more physically active. *Examples include:*

- Add a physical activity/or stretch break to all meetings that last an hour or more.
- Organize a site-specific committee to implement a physical activity plan that promotes laughter and fun. Involve staff. Involve decision makers.