



Together, building a stronger community

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>)

Monument Impact is committed to promoting an atmosphere of movement and play!

Monument Impact will adopt policies that support families and/or clients with children to be active at our agency.

- Provide a small area for movement and play equipment (table and chairs, toys, books, etc.).
- Encourage parents to bring their children to our *Family Zumba* classes.
- Establish a small committee to assess the workplace.
- Implement a child friendly physical activity plan that promotes laughter and fun.

Monument Impact will adopt policies to raise awareness and to support employees to be more physically active.

- Add a physical activity/or stretch break to all meetings that last 60 minutes or more. Everyone present is encouraged to participate.
- Encourage staff to "Stand up and Stretch" during the work day.
- Organize a small committee to implement a physical activity plan that promotes laughter and fun.
- Conduct short physical activity trainings during staff time.

For technical assistance contact Emily Warming, healthyb45@gmail.com 925-676-5442 ex 3665

¹ 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>

Program Administrator Signature:

Date:

Dec. 2, 2014