



*Guide to*

# HEALTHY FELLOWSHIP





# The POWER of FELLOWSHIP

**T**he environments in which we live, work and gather influence many of the choices we make and can either support or hinder our efforts to eat healthy and be active. Places of faith can play an important role in helping their members live healthy. Places of faith can be powerful sources of information and can provide an environment that supports healthy choices.

This guide provides an overview and instructions to adopt and implement policies, programs and environmental changes that support healthy eating and physical activity within your faith organization.

As a faith community member, you are the expert in knowing your members' needs; how

your congregation works and how to generate enthusiasm among your members for these programs. We hope these programs, policies and environmental changes can be easily combined with activities your congregation already provides.

## **Before you get started, consider the following:**

- *Are your members interested in particular health issues?*
- *Does your minister or leader have an interest in healthy eating and physical activity?*
- *Which of your current programs could you enhance by adding healthy eating and physical activity?*

## Step 1: Get support from leadership.

Commitment from faith leaders is key to a successful program.

Leadership can support the program by:

- **Participating** in the program
- **Including nutrition and physical activity information** in sermons or talks
- **Serving as role models** for healthy living
- **Making announcements** about the program and encouraging others to participate

## Step 2: Establish a Get Healthy Committee.

The Get Healthy Committee:

- **Plans activities** and promotes changes to faith community practices and facilities to support healthy eating and physical activity
- **Promotes participation** in programs and activities among congregation members
- **Advocates for policy** and environmental changes to support healthy eating and physical activity
- **Evaluates the success** of programs, environmental changes and policy changes

## Step 3: Assess the needs of your membership.

Planning a successful program requires information about the health needs and interests of the congregation. You can do this by developing a short survey, or asking people what they are interested in or what they want to know more about.

## Step 4: Develop a program plan.

This plan encourages a multi-level approach, a program that targets individuals, groups and your fellowship as a whole.

A Get Healthy Fellowship Program might include:

- **At least one policy change** (e.g., serving healthy meals at events or hanging a bulletin board or brochure rack with healthy living messages, resources, and information, etc.)
- **At least one environmental change** (e.g., planting a garden, marking a walking route around your facilities, or buying healthy cooking equipment for the kitchen, etc.)
- **Education and/or programs** (e.g., offering nutrition education classes, food tastings or demonstrations, providing handouts on healthy eating or physical activity, promoting physical activity in monthly newsletters, offering physical activity classes, etc.)

As you begin to develop your plan, you will need to decide what you want to accomplish based on your needs, time, volunteers and resources available.

## Step 5: Implement your plan.

Getting members of your congregation involved in a Get Healthy Fellowship Program requires careful planning. The program, policy or environmental change must be clearly understood by all members, relate to their needs and interests, be convenient for them, and must be something they think can be accomplished. Your leaders, staff and committee will all need to be actively involved in implementing and publicizing your policy, environmental change, program, or activity.

## Step 6: Evaluate your program.

Taking a close look at the program and activities will provide information on what took place, how many people participated, if the program, policy or environmental change met their needs, and if your overall program changed members' health habits. This should not be considered a test of the success of the program. Instead, it should show the strengths and weaknesses so you can plan for the next program.





# EAT BETTER

**A**lthough many of us know that good nutrition can improve our health, our lifestyles have changed over the past few decades. Our environment plays a big part in the choices we make and can either hinder or support our efforts to eat healthy. The following are some ideas on ways that you can increase and support healthy eating in your place of faith.

## Plant a Community Garden

Creating a community garden is a great project for places of faith. In addition to providing fresh fruits and vegetables, gardens can also build community, teach life skills, promote health, and much more. Community gardens provide a place for individuals and families to grow healthy, nutritious food while enjoying the pleasures and benefits of a natural setting.

*For help planning and planting a community garden, contact the Cooperative Extension office: [extension.unr.edu/trees-lawn-landscape.aspx](http://extension.unr.edu/trees-lawn-landscape.aspx)*

## Offer Healthy Food Choices

We are surrounded by food all day and every day. This is no different at many of our places of worship. Whether it is a church potluck or refreshments after a worship service, food and our faith often go together. Make sure at

least one fruit or vegetable is offered anytime food is served. If having a meal, offer baked, roasted or grilled meats and fish. For healthier beverage options, offer water, milk or 100 percent vegetable or fruit juice.

## Give Suggestions for Potlucks

You just never know what is going to show up at a potluck. To help avoid the “all dessert no main dish” problem, suggest dishes. Offer suggestions for fruit, vegetable, and grain dishes on the sign up sheet. If people need a little incentive to bring healthier dishes, offer prizes like “Best Use of a Healthy Grain” or “Most Creative Use of Fruits and Vegetables.”

*Find healthy recipes at: [www.myplate.gov/myplate-kitchen/recipes](http://www.myplate.gov/myplate-kitchen/recipes)*

## Pay Attention to Portion Sizes

Over the past few years, portion sizes have increased substantially. Larger portions of high-fat, high calorie foods have contributed to the obesity epidemic in the United States. Bigger is not always better, so offer smaller portions of foods and beverages. People tend to fill their plates, so offer smaller plates to help them reduce their portion size when hosting an event buffet-style.

## Stock Vending Machines with Healthy Options

Does your place of worship have a vending machine? If it does, it is likely stocked with chips and candy. Instead of offering only unhealthy options, ask your vendor to stock some healthier selections such as pretzels, whole grain cereal bars or baked chips. In beverage vending machines, include water, low-fat milk and 100 percent fruit juices.

*For more information about standards and stocking healthier options in vending machines, go to Appendix A.*

## Re-Think Your Drink

Everyone loves a refreshing drink, but sodas, sweet tea and other sugary drinks have a lot of calories and little nutrients. At meetings, meals, and other functions, serve healthy beverages like water or skim or 1 percent milk instead of soda and other flavored or sweetened beverages. You can offer lemon, lime, cucumber slices, or fresh mint leaves to add flavor to the water.

## Join the Nutrition Challenge

Encourage your members to join the Nutrition Challenge, a free 8-week online program designed to help participants increase their daily intake of fruits and vegetables. Participants can track their daily and weekly progress throughout the program. They also receive weekly tips to achieve their goals and how to prepare healthy recipes and snacks. It's easy, fun and free!

*Encourage your members to sign up at:*  
[www.getthehealthyclarkcounty.org/eat-better/nutrition-challenge](http://www.getthehealthyclarkcounty.org/eat-better/nutrition-challenge)

## Make the Most of Literature Racks and Bulletin Boards

Using literature racks and bulletin boards keeps the idea of healthy eating visible in your faith community. Use an attractive holder in an easy-to-find location to display handouts, brochures or pamphlets about healthy eating. Encourage one of your organization's groups, such as the youth group, to work together to create a colorful bulletin board to promote healthy choices.

*To find useful resources, go to:*  
[www.nutrition.gov](http://www.nutrition.gov)  
[www.myplate.gov](http://www.myplate.gov)

## Offer Educational Sessions

Organize an educational session for your members. Ask local professionals to come and speak on various nutrition topics like: reading nutrition labels, general nutrition or healthy shopping tips.

*For a list of speakers, visit our Partners for Healthy Nevada Speakers Bureau page at:*  
[www.getthehealthyclarkcounty.org/community-tools/coalitions/partners-for-a-healthy-nevada/](http://www.getthehealthyclarkcounty.org/community-tools/coalitions/partners-for-a-healthy-nevada/)

## Support Breastfeeding Families

Breast/chest feeding provides health benefits for babies, moms, and families. Breast/chest feeding takes effort, so help support breastfeeding families by providing a quiet, private place to nurse or to express breast milk.

*Learn more about how to set up a comfortable area for breastfeeding families at your place of faith:*

[www.getthehealthyclarkcounty.org/breastfeeding/](http://www.getthehealthyclarkcounty.org/breastfeeding/)  
[www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

## Adopt a Healthy Foods Policy

Policies can support healthy behaviors and lead to increased healthy eating. If your place of faith does not already have a healthy foods policy you may want to consider developing one. Policies can produce change in our surroundings that help us eat healthy foods. For example, a faith community policy could require that water and healthy options be provided at meetings and events. We have included an example of a healthy food policy below. A copy of this policy is found in the appendix.

### SAMPLE HEALTHY FOOD POLICY

*For use within any organization/agency or community group where foods or beverages are served.*

Whereas: \_\_\_\_\_ (organization's name)  
is concerned about the health of our \_\_\_\_\_ (members):

Whereas: People have become more interested in eating healthier and becoming more active.

Whereas: Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases:

Therefore: Effective \_\_\_\_\_ (today's date), it is the policy of  
\_\_\_\_\_ (organization's name) that all activities and events  
(examples of events may include: meetings, potluck events, catered events, etc.)  
sponsored or supported by this organization will always include opportunities  
for healthy foods and beverages by:

- Purchasing and serving one or more healthy choices. Examples include:
  - Fruits and vegetables, including fresh, frozen, canned or dried fruits, 100% fruit juice and fresh frozen or canned vegetables
  - Low-fat milk and dairy products, including skim/ non-fat milk (also lactose-free): low-fat and fat-free yogurt, cheese and ice cream
  - Foods made from whole grains, including low-fat whole wheat crackers, bread, pasta, cereal, low-fat baked tortilla chips or pita bread
- Always providing water
- Identifying healthy eating opportunities (e.g., restaurants, caterers and farmer's markets, wherever healthy food options are available)
- Providing encouragement for others to enjoy healthy food (e.g., community promotion of healthy lifestyles, and group leaders being role models for healthy food choices).

Signature \_\_\_\_\_

Title \_\_\_\_\_

Name of organization \_\_\_\_\_

Date \_\_\_\_\_





# MOVE MORE

**W**e all know that we should be physically active, but most of us do not get the recommended amount of physical activity that we should. Physical activity is anything that gets your body moving. Each week adults need 150 minutes of moderate-intensity physical activity and 2 sessions of muscle strengthening activity. Children and youth need to be active for 60 minutes every day.

Our environment plays a big part in the choices we make and can either hinder or support our efforts to be physically active. The following are some ideas on ways that you can increase and support physical activity in your place of faith.

## Move Around During Meeting Breaks

Instead of offering food during a meeting break, try offering a physical activity break. Meeting breaks are a great opportunity for members to get a dose of physical activity. Go for a quick walk or initiate stretching exercises.

## Install Bike Racks

Bicycling is a fun and affordable way to get around. Providing a safe place for people to lock up their bikes at your place of faith will encourage people to bike to services, meetings or events. Bike racks are a onetime investment and can help increase physical activity among members.

## Encourage Members to Park Far Away

Almost everyone tries to park close to the door, whether we are at the store, work, or church. Encourage members to park farther away and get in those extra steps. Identify parking spaces farthest from the entrance.

## Develop Walking Routes

Identify or create walking routes near your place of faith. When identifying or creating walking routes, keep these guidelines in mind:

- Make sure the route is safe for members to walk. This could be in a parking lot, or a nearby neighborhood.
- Walking routes can be both indoors or outdoors.
- Create walking routes of different distances. The routes can form a circle bringing the walker back to the beginning, or it may be a straight route out and back.
- Create a map or flyer that lists the different walking routes that you have identified, how long they are, and provide them to your members.
- Download the Neon to Nature app to discover walking and biking trails in Southern Nevada:  
[www.getthehealthyclarkcounty.org/mobile-apps](http://www.getthehealthyclarkcounty.org/mobile-apps)

## Develop a Fitness Room

Create a fitness room at your place of worship. Offering an on site fitness room makes physical activity more accessible for your members. Any size room will work; it can be a small room with a few pieces of equipment to a large room with many machines. If you do not have money to buy equipment, see if your members would be willing to donate items.

Equipment to consider putting in the fitness room:

- Free weights or exercise bands
- Exercise balls
- Yoga mats
- Treadmill
- Jump Ropes
- Elliptical Machine
- Provide a TV to play exercise videos

## Promote Activity Clubs and Groups

Encourage members with an interest in similar kinds of physical activity or sports to form their own clubs and be active as a group. Examples include walking groups, basketball, volleyball, or soccer games. Your faith community can even sponsor a team in a local recreation league. Social support from group members who are interested in being physically active can also help other members be physically active.

## Offer Educational Sessions

Organize an education session for your members. Ask local professionals to come in and speak on various physical activity topics like: why physical activity is important, or ways to be physically active in your community.

*For a list of speakers, visit our Partners for Healthy Nevada Speakers Bureau page at: [www.getthehealthyclarkcounty.org/community-tools/coalitions/partners-for-a-healthy-nevada](http://www.getthehealthyclarkcounty.org/community-tools/coalitions/partners-for-a-healthy-nevada)*

## Spruce Up the Stairwell

Choosing to take the stairs instead of the elevator is a quick way for people to add physical activity to their day. An important motivator in encouraging people to take the stairs is making stairwells a safer, more inviting place to be.

To spruce up your stairwell, consider these improvements:

- Add carpet and rubber treading to increase safety.
- Use creative lighting (e.g., track lighting, incandescent lighting, or halogen lighting).
- Paint your stairwells with inviting colors or create themed stairwells (e.g., transport stair users to a Hawaiian beach or tropical rainforest during their trip on the stairs).
- Add footsteps that lead from the elevators to the stairs and have a message spelled out along the way.
- Post arrows showing the way to the stairs.
- Post motivational posters to take the stairs, which be downloaded for free at: [www.getthehealthyclarkcounty.org/downloads](http://www.getthehealthyclarkcounty.org/downloads)

## Create a Walk Around Nevada Challenge

Encourage members to sign up for Walk Around Nevada, a free online program to aid participants in reaching their fitness goals by tracking their daily physical activities. Participants enter their steps or miles online and watch as they virtually trek around Nevada. When the challenge ends, recognize the top five walkers or teams. Announce their names on bulletin boards, at meetings or in services, or present them with a certificate of recognition.

Recognition may also be given to members who were regular walkers, even if they were not top mileage winners. Remember, the goal is to encourage members to develop healthy habits.

*Join as a group or individually at: [www.getthehealthyclarkcounty.org/mobile-apps](http://www.getthehealthyclarkcounty.org/mobile-apps)*



## Adopt a Physical Activity Policy

Policies can support healthy behaviors and lead to increased physical activity. If your place of faith does not already have a physical activity policy, you may want to develop one. Policies can produce changes in our surroundings that can lead to more physical activity. For example, a physical activity policy could require that a physical activity break be included in all meetings or events (other than services) that last more than one hour, or mentioning physical activity messages regularly in leaders' talks or sermons. A copy of this policy is found in the appendix.

### SAMPLE PHYSICAL ACTIVITY POLICY

Whereas: \_\_\_\_\_ (your organization's name)  
is concerned about the health of our \_\_\_\_\_ (members):

Whereas: People have become more interested in eating healthier and becoming more active.

Whereas: Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

Therefore: Effective \_\_\_\_\_ (today's date), it is the policy of  
\_\_\_\_\_ (your organization's name) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by:

- Building physical activity breaks into meetings (e.g., facilitated activities such as stretch breaks or icebreakers).
- Identifying physical activity opportunities (e.g., provision of map with walking routes and local attractions; identification of recreational and exercise facilities; organization of walking groups and other group activities).
- Providing encouragement from group leadership to engage in physical activity (e.g., community promotion of healthy lifestyles; promoting physical activity for members; group leadership being role models for physical activity.)

Signature \_\_\_\_\_

Title \_\_\_\_\_

Name of organization \_\_\_\_\_

Date \_\_\_\_\_



# RESOURCES FOR HEALTH

## GET HEALTHY CLARK COUNTY

Get Healthy Clark County offers resources and information for places of faith at:  
[www.gethealthyclarkcounty.org/community-tools/places-of-faith/](http://www.gethealthyclarkcounty.org/community-tools/places-of-faith/)

Information on other resources is found below.

### Diabetes

**Online Program:** The Road to Diabetes Prevention can help you reduce the risk of developing type 2 diabetes. Learn about your risk factors and how to make simple lifestyle changes to improve your health. *Sign up at:* [www.gethealthyclarkcounty.org/manage-your-risk/diabetes](http://www.gethealthyclarkcounty.org/manage-your-risk/diabetes)

**Classes:** We offer free diabetes self-management education and support classes in-person or virtually. *Register for classes at:* [www.gethealthyclarkcounty.org/manage-your-risk/diabetes](http://www.gethealthyclarkcounty.org/manage-your-risk/diabetes)

### Heart Health

**Community Programs & Classes:** Do you know your numbers? Our online resources and education tools can help you learn how to manage your blood pressure to lower your risk for developing heart disease and stroke. Take charge of your health by taking steps to be more

physically active, eat healthier, stop using tobacco products and monitor your blood pressure regularly. The Barber/Beauty Shop Health Outreach Project (BSHOP/BeSHOP) offers free blood pressure screenings at participating barber and beauty shops.

*Find where you can get your blood pressure checked for free:* [www.gethealthyclarkcounty.org/community-calendar](http://www.gethealthyclarkcounty.org/community-calendar)

*Learn how to manage your risk and achieve a healthy lifestyle:* [www.gethealthyclarkcounty.org/manage-your-risk](http://www.gethealthyclarkcounty.org/manage-your-risk)

### Nutrition

**Online Program:** The Nutrition Challenge is an eight-week online program that helps you increase your fruit and vegetable intake. Learn about how many fruits and vegetables you should eat and get weekly recipes. *Learn more at:* [www.gethealthyclarkcounty.org/eat-better](http://www.gethealthyclarkcounty.org/eat-better)

**Mobile Apps:** Half My Plate is a mobile app that helps you reach your goals for a healthy diet by inspiring you to make half your plate fruits and vegetables. The SNAP Cooking app features hundreds of easy recipes right at your fingertips. *Download at:* [www.gethealthyclarkcounty.org/eat-better](http://www.gethealthyclarkcounty.org/eat-better)

## Physical Activity

**Online Programs & Mobile Apps:** The Walk Around Nevada online program and app help you reach your goals by tracking your daily physical activity.

The Neon to Nature online program and app provide trail listings that include trail information and photos, along with detailed map descriptions of the trail's location, length, and various amenities.

**Find more tips at:** [www.getthehealthyclarkcounty.org/get-moving](http://www.getthehealthyclarkcounty.org/get-moving)

## Tobacco Use

**Phone, Text, Chat & Online Support:** The Nevada Tobacco Quitline is a FREE and CONFIDENTIAL phone and web-based service available to Nevada residents 13 years of age or older looking to quit smoking and/or vaping. The Quitline provides one-on-one coaching and nicotine replacement therapy (patches, gum, or lozenges) for qualified individuals. Expert coaches help overcome common barriers such as dealing with stress, fighting cravings, coping with irritability, and controlling weight gain. Services are offered in many languages.

**Call 1-800-QUIT-NOW (1-800-784-8669) or text QUITNOW to 333888. Learn more at:** [www.nevadatobaccoquitline.com](http://www.nevadatobaccoquitline.com)

# APPENDIX A: VENDING MACHINES

## Learn about the Federal Regulations

The Patient Protection and Affordable Care Act requires vending-machine operators owning or operating 20 or more machines to display calorie counts for all items in their machines. Section 4205 of the act states: "In the case of an article of food sold from a vending machine that ... is operated by a person who is engaged in the business of owning or operating 20 or more vending machines, the vending machine operator shall provide a sign in close proximity to each article of food or the selection button that includes a clear and conspicuous statement describing the number of calories contained in the article."

## How to Stock Vending Machines with Healthy Food and Beverages

Vending machines are an easy way to increase access to healthy foods and beverages. Below are some guidelines to help you make sure your vending machines are stocked with healthy options. (Note: These are recommendations and are not part of the federal law.)

## Beverage Standards

At least 80% of all beverages dispensed in vending machines must meet the following beverage standards:

1. Water, non-carbonated, no added sugars or artificial sweeteners, any size.
2. Plain fat-free, 1% low fat milk, or calcium- and vitamin-D-fortified soymilk (or flavored fat-free or 1% low fat milk up to 150 calories per 8 oz.), with less than 200 calories per container.
3. 100% fruit/vegetable juice, up to 12 oz. (8 oz. or less preferred)
4. Juice beverage, no added sugar or other caloric sweetener, up to 12 oz..
5. Low-calorie beverages that are  $\leq$  40 calories per container.
6. Non-caloric beverages, including diet sodas, any size.



## Food Standards

At least 80% of foods sold in vending machines must meet the following nutritional standards:

1. Not more than 35% calories from fat (which would be no more than 7 grams of fat for a 200-calorie snack, for example) with the exception of packages that contain 100% nuts or seeds; snack mixes that contain components other than nuts and seeds must have no more than 35% of calories from fat.
2. Not more than 10% of calories from saturated fat.
3. Contains zero trans fat per serving as defined by the Food and Drug Administration (FDA).
4. Not more than 35% of calories from total sugars and a maximum of no more than 10 grams of total sugars in the product.
5. Not more than 200 mg sodium per item as offered (per package/container). No more than 480 mg of sodium per item as offered for entrée-type foods.
6. Not more than 200 calories per package for snack foods (excludes individual meals).
7. Fruits and vegetables without added sugar or fat; nuts, seeds, and cheese or yogurt made from reduced-fat, low-fat, or fat-free milk are exempt from these standards.
8. Efforts will be made to include items that are whole grain and/or contain at least 3 grams of fiber per serving.
9. At least one item meeting the snack/food criteria in each vending machine shall also meet the FDA definition of “low sodium” (<140 mg/serving).

## Pricing/Placement Standards for Food

1. Beverage and food items that do not meet the stated nutritional standards will be priced a minimum of 20% higher than the normal cost of a comparable item.
2. Items meeting the mandatory standards must be placed in the top third of the vending machine so that they are visible at eye level.

3. To the extent possible, advertising on vending machines shall include advertising only of beverages and foods that meet the nutrition and beverage standards.

## Suggested Healthier Vending Machine Options

### *Beverages*

- Any bottled water
- 100% fruit juice
- 100% vegetable juice
- Fat-Free & 1% Low-Fat Milk & Soy Milks

### *Sport Drinks*

- Drinks that contain 40 calorie or less per container

### *Low-Calorie Beverage*

- Drinks that contain 40 calorie or less per container

### *Coffee and Tea*

- Drinks that contain 40 calorie or less per container

### *Snacks*

- Fresh fruits and vegetables
- Fruit cups, no sugar added (less than 200 calories)
- Fruit snacks (less than 200 calories, made with 100% fruit)
- Dried fruit (Dried fruit in single-serve packs with less than 200 calories and no added sugars)
- Low-fat yogurt (6 oz.. servings or less)
- Nuts and seeds (1 oz.)
- Sugar-free gum
- Baked chips (1 oz.. or less)
- Low-fat popcorn (1 oz.. or less)
- Whole grain crackers (1 oz.. or less)
- Low-fat granola bars
- Reduced sugar cereal bars

# SAMPLE HEALTHY FOOD POLICY

*For use within any organization/agency or community group where foods or beverages are served.*

Whereas: \_\_\_\_\_ (organization's name) is concerned about the health of our \_\_\_\_\_ (members):

Whereas: People have become more interested in eating healthier and becoming more active.

Whereas: Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases:

Therefore: Effective \_\_\_\_\_ (today's date), it is the policy of \_\_\_\_\_ (organization's name) that all activities and events (examples of events may include: meetings, potluck events, catered events, etc.) sponsored or supported by this organization will always include opportunities for healthy foods and beverages by:

- Purchasing and serving one or more healthy choices. Examples include:
  - Fruits and vegetables, including fresh, frozen, canned or dried fruits, 100% fruit juice and fresh frozen or canned vegetables
  - Low-fat milk and dairy products, including skim/ non-fat milk (also lactose-free): low-fat and fat-free yogurt, cheese and ice cream
  - Foods made from whole grains, including low-fat whole wheat crackers, bread, pasta, cereal, low-fat baked tortilla chips or pita bread
- Always providing water
- Identifying healthy eating opportunities (e.g., restaurants, caterers and farmer's markets, wherever healthy food options are available)
- Providing encouragement for others to enjoy healthy food (e.g., community promotion of healthy lifestyles, and group leaders being role models for healthy food choices).

Signature \_\_\_\_\_

Title \_\_\_\_\_

Name of organization \_\_\_\_\_

Date \_\_\_\_\_

# SAMPLE PHYSICAL ACTIVITY POLICY

Whereas: \_\_\_\_\_ (*your organization's name*) is concerned about the health of our \_\_\_\_\_ (*members*):

Whereas: People have become more interested in eating healthier and becoming more active.

Whereas: Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

Therefore: Effective \_\_\_\_\_ (*today's date*), it is the policy of \_\_\_\_\_ (*your organization's name*) that activities and events sponsored or supported by this organization will always include opportunities for physical activity by:

- Building physical activity breaks into meetings (e.g., facilitated activities such as stretch breaks or icebreakers).
- Identifying physical activity opportunities (e.g., provision of map with walking routes and local attractions; identification of recreational and exercise facilities; organization of walking groups and other group activities).
- Providing encouragement from group leadership to engage in physical activity (e.g., community promotion of healthy lifestyles; promoting physical activity for members; group leadership being role models for physical activity.)

Signature \_\_\_\_\_

Title \_\_\_\_\_

Name of organization \_\_\_\_\_

Date \_\_\_\_\_





[www.get\*\*healthy\*\*clarkcounty.org](http://www.gethealthyclarkcounty.org)  
GET MOVING. EAT BETTER. LIVE TOBACCO-FREE.