

Physical Activity and Wellness Policy

Effective Date	
Review	
Last Review	
Name of Reviewer	

PURPOSE

(Organization Name) is committed to creating a worksite environment for employees to have the opportunity to make their health and well-being a priority while working at (Organization Name).

(Organization Name) is committed to creating a worksite environment where employees have access to improving their health and well-being, in both professional and personal settings.

POLICY

Employees are engage in weekly physical activity.

1. Employees will take short walks using (Organization Name's) Walking Routes Map.
2. Employees will take their breaks outside of their work areas.
3. Employees will participate in monthly walking activity.

SCOPE

This policy applies to all employees who work at (Organization Name). In addition, employees are encouraged to promote physical activity among their participants and visitors by offering walking routes map and education.

POLICY GUIDELINE

1. Managers will provide employees Walking Routes Map.
2. Managers will create monthly physical activity schedule.
3. Managers will provide education and training.