

Policy #: _____

Approved by: _____

Effective date: _____

Revised: _____

[Worksite] Physical Activity Policy*

Purpose

[Worksite] is committed to providing a work environment that promotes increasing physical activity, before, after, and while at work.

Scope

This policy applies to all employees of [Worksite].

Employees are allowed to engage in physical activity for 30 minutes of each work day (i.e. two 15 minute periods) during paid time ('on the clock') while assuring all primary job duties are accomplished. The usage of this benefit must be approved by supervisors in advance to allow for work scheduling.

Education and Implementation

1. The [Worksite] physical activity policies will be posted in employee breakrooms, promoted through multiple communication channels, and presented at new employee orientations to inform all employees.
2. Employees interested in engaging in physical activity may seek additional information from (human resources, worksite wellness coordinator/wellness champion) or access this policy at (insert website or location).

Consequences for Noncompliance

All employees of [Worksite] are expected to comply with this policy and obtain supervisor approval. Failure to comply will result in disciplinary action. Compliance does not mean all employees are forced to be active; however, the policy is intended for those who utilize the time to be active.

Supervisors/managers who do not allow employees to take part in policy will face disciplinary action.