

Physical Activity Commitment



_____ is dedicated and devoted to the safety, health, and spiritual well-being of our members and surrounding community. We acknowledge that chronic diseases such as heart disease & stroke, cancer, diabetes, and lung disease, are harmful to the health of our congregation and community. We recognize that providing and promoting physical activity opportunities can help improve health and wellness.

On _____ commits to promote a healthy congregation and community by:

- › Incorporating physical activity education and messages in congregation communications, and in bulletins, newsletters, sermons, and youth programming;
- › Supporting congregational leaders as they serve as role models for activity living; and
- › Emphasizing the connections between spiritual faith, and physical health and displaying posters, pictures, or books that support opportunities active living.

In addition to the above commitment, _____ also commits to the following physical activity components:

We are committed to helping congregation members participate in physical activity by:

Incorporating physical activity breaks in _____ (It is recognized that this may not be possible during traditional worship services).

Incorporating physical activity into classes, programs, and special events for children and adolescents.

Not withholding or assigning physical activity as a form of punishment during classes, programs, and special events for children and adolescents.

Hosting ongoing physical activity programs, including _____

Providing space for group exercise classes and programs.

Providing equipment for exercising.

Supporting and promoting physical activity programs such as _____ by _____ posting flyers, making announcements, and sending emails.

In addition, we promote physical activity opportunities for our neighboring community by:

Opening _____ facilities, such as playgrounds, sport courts, walking trails, gymnasiums and multi-purpose rooms, for community recreational use during set days and times.

Inviting community members to participate in physical activity programs such as _____



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Effective Date: _____

Name and Title _____

Signature _____