

OVERVIEW

Everyday physical activity has a vital role in supporting the health and wellbeing of individuals, as well as in the prevention and treatment of disease. Physical activity is an integral part of everyday life. It includes active transport (such as walking and cycling), incidental activities (such as using the stairs), recreational activities and exercise (such as planned, structured, repetitive, and purposeful activity).

Bay of Plenty District Health Board (BOPDHB) demonstrates a commitment to the health and wellbeing of its employees, contractors and visitors by providing opportunities and supportive environments which encourage everyday physical activity and a reduction of sedentary behaviour.

STANDARDS TO BE MET

1. BOPDHB will provide physical and social environments that support everyday physical activity.
2. BOPDHB will develop working practices that support everyday physical activity.
3. BOPDHB physical activity strategies include:
 - 3.1 Ensuring the above standards are included in the annual Health and Safety Plan;
 - 3.2 Developing and implementing an action and evaluation plan;
 - 3.3 Developing and implementing a Workplace Travel plan.

REFERENCES

- [Ministry of Health. New Zealand Food and Nutrition Guidelines](#)

ASSOCIATED DOCUMENTS

- Bay of Plenty District Health Board policy 5.4.9 Workplace Nutrition and Physical Activity
- Bay of Plenty District Health Board policy 5.4.9 protocol 1 Workplace Nutrition

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