



Butte-Silver Bow Health Department

Protecting and improving the health of Butte-Silver Bow

Subject: Physical Activity

Approved by: Karen Sullivan

Signed: 

Effective Date: Sept. 28, 2015

Revised Date:

Purpose

This policy establishes guidelines to promote a work environment that increases opportunities for employees to engage in physical activity. Regular physical activity is one of the most effective disease prevention behaviors. Physical activity programs reduce depression; improve stamina and strength; reduce obesity when combined with diet; and reduce risks of high blood pressure, elevated blood lipids, stroke, and type 2 diabetes.

Policy

The Butte-Silver Bow Health Department is committed to increasing opportunities for employee fitness and reducing barriers to such efforts.

Effective Sept. 28, 2015, it is the policy of the Butte-Silver Bow Health Department that activities and events sponsored or supported by the department will always include opportunities for physical activity, including the following:

- Employees are encouraged to participate in the Health Department's Walk with Ease program. The program includes a walk-for-fitness routine, stretching exercises and heart-rate monitoring techniques.
- The Health Department provides dedicated space for physical activity. This space is located on the west side of the Health Department building; this space may be used for routine active movement, or during inclement weather, when participating in the Walk with Ease program might be more difficult.
- Employees are encouraged to take active breaks. An example is a walk outside during a break. Such flexibility is subject to operational constraints, official hours of work, and the needs of the public. Employees with disabilities or medical or mobility issues are encouraged to take active breaks that are suitable for them.
- Employees are encouraged to participate in Activity Bursts Everywhere (ABE) for Fitness program, which features physical activity in an office setting. Examples may be found at <http://abeforfitness.com/browse-office-videos-1-date.html>.

- Employees are encouraged to attend regular brown bag lunches on a variety of topics, including fitness and physical activity.
- Activities, meetings and functions sponsored by the Health Department and scheduled for more than 90 minutes include stretch breaks. These breaks are included on the agenda.
- Employees are encouraged to participate in routine health screenings that include the measurement of body mass index and blood pressure, lipid testing, etc.
- Employees are encouraged to discuss with their supervisors additional ideas of how to fit physical activity into their day.

Scope

This policy is applicable to all Butte-Silver Bow Health Department programs.

Administration

Supervisors are responsible for promoting an environment that supports employee physical activity.