



PHYSICAL ACTIVITY WORKSITE POLICY – 2008

Frett/Barrington Limited

Whereas:

Frett/Barrington Limited is concerned about the health of our employees.

Whereas:

People have become more and more interested in eating better and being more active;

Whereas:

Heart disease, cancer and stroke are largely affected by what we eat and how active we are;

Whereas:

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress;

Therefore:

Effective January 1, 2008, it is the policy of Frett/Barrington Limited that activities and events sponsored or supported by this organization will include opportunities for physical activity:

• Physical Activity Breaks In Weekly Marketing Meetings

We will begin each Marketing meeting with a “Physical Activity Break”. This may include facilitated activities such as stretch breaks or icebreakers.

• Identification of Physical Activity Opportunities

Examples include organization of walking groups and other group activities.

• Encouragement from group leadership to engage in physical activity

Examples include employee leadership promoting physical activity for employees; group leadership being a role model. Weekly Marketing Meeting physical activity breaks will be led by our President, Terry Frett.

Signature _____

Title _____

Name of Worksite: _____