



# Wellness Notice

## NOTICE

- **New Policy: C3-W07 “Wellness – Physical Activity Policy”**

## SCOPE

- Applies to all Regional Departments.

## HIGHLIGHTS

- This new policy is complementary to the recently approved “Healthy Eating Policy – C3-W06”
- The Niagara Regional will encourage and actively foster opportunities for daily physical activity amongst its employees.
- Principles have been established to guide corporate efforts to create work environments and conditions that promote healthy lifestyles and healthy body weight, with emphasis on aspects that encourage and support physical activity.
- Physical activity at work will be fostered through awareness raising, education and skill building, and by providing supportive environments.

## ACTION

- Please review this updated policy with staff.

## SUMMARY

- A new “Wellness – Physical Activity Policy” was approved by CMT. The policy can be accessed on-line and is located in the Policy Library on Sherpa.

***“Control + click” on the link to get policy details***

**<http://sherpa/Corporate/Policy%20Library/C3-W07.pdf>**

## TIP

- Use this new policy as a topic for your next team discussion.