

## 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 workers and visitors by providing opportunities and environments which support everyday physical activity and reduce 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

Issue Date: Mar 2018	Page 1 of 1	NOTE: The electronic version of this document is the most current. Any printed copy cannot be assumed to be the current version.
Review Date: Mar 2019	Version No: 3	
Protocol Steward: Public Health Medical Leader, Toi Te Ora	Authorised by: GM, Planning and Funding	