

Worksite Wellness



Rationale:

Health promotion services for all staff members can improve their eating and physical activity behaviors and their effectiveness in teaching and modeling healthy behaviors. When staff members improve their own personal health and wellness they increase morale, become role models, and build the commitment to promote children and their families' health through a healthy early care and education environment.

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References:

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- Arizona Department of Health Services. Empower Guidebook: Ten Ways to Empower Children to Live Healthy Lives, 2nd Edition. <http://azdhs.gov/empower-program/documents/resources-policies/empower-guidebook.pdf>
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- Rogers, K. & Werk, L. 2012. Nemours Child Care Wellness Policy Workbook: Creating an Environment for Preschoolers to Develop Healthy Habits for Life. <http://www.nemours.org/content/dam/nemours/wwwv2/filebox/service/healthy-living/growuphealthy/Child%20Care%20Wellness%20Policy%20Workbook.pdf>



Worksite Wellness Policy

{Name of early care and education center} supports the health and wellness of all teachers and staff. We are committed to providing a healthy work environment with resources available for staff members to achieve their optimal wellness.

- ★ Nutrition and physical activity education will be provided to all staff members at regular intervals. Education will include topics of importance related to improving health and wellness among staff members.
- ★ Center management will encourage staff members to make healthy choices when possible and will require teachers/staff to model healthy behaviors for children and their families.
- ★ Staff will be required to participate in active play with infants and children.
- ★ Food and drinks, such as fruits, vegetables, and unsweetened beverages, provided at meetings and events will reflect the center's commitment to health.

