**Physical Activity Policy Examples**

The following examples are excerpts from funded Blue Cross and Blue Shield of Kansas Pathways Worksite initiatives.

1. Active Meeting Policy: Long meetings (4 hours or longer) will include a set amount of time (15 minutes minimum) for physical activity breaks that include stretching, walking, or calisthenics. All meetings will include short breaks of standing or calisthenics (for 2 to 3 minutes in duration) after each 30 minutes of sitting.
2. Flexible Working Hours: To accommodate individual preferences and needs for participating in physical activity, employees will be permitted to flex their work hours up to 30 minutes to participate in physical activity if the time is made up during the day and does not interfere with planned work projects that are to be completed at a specific time. Employees must establish their work and lunch time schedules with their immediate supervisor.
3. Dedicated Physical Activity Time: Employees are allowed 90 minutes per week to engage in physical activity during paid break time while assuring all primary job duties are accomplished. Work breaks are determined by the supervisor.
4. Active Transportation Policy: Employees are encouraged to participate in active transportation to and from work. Participating employees who meet the criteria will receive the Bicycle Commuter Tax Benefit for each month that they participate. Employees may receive up to $20 per month for reasonable expenses incurred in conjunction with biking to work.
5. Entry Fees for Health Related Competitions: Employees are encouraged to participate in health related competition activities such as walking events, running events, gym competitions, etc. Participating employees who meet the criteria will receive up to $20 reimbursement for entry fees.

For additional examples, visit: <http://workwellks.com/resources/pathways-to-a-healthy-kansas/physical-activity/>