

# Physical Activity Commitment



**Voice of Hope SDA Church** is dedicated and devoted to the safety, health, and spiritual well-being of our members and surrounding community. We acknowledge that chronic diseases such as heart disease & stroke, cancer, diabetes, and lung disease, are harmful to the health of our congregation and community. We recognize that providing and promoting physical activity opportunities can help improve health and wellness.

On 09/09/18 **Voice of Hope SDA Church** commits to promote a healthy congregation and community by:

- > Incorporating physical activity education and messages in congregation communications, and in bulletins, newsletters, sermons, and youth programming;
- > Supporting congregational leaders as they serve as role models for activity living; and
- > Emphasizing the connections between spiritual faith, and physical health and displaying posters, pictures, or books that support opportunities active living.

In addition to the above commitment, **Voice of Hope SDA Church** also commits to the following physical activity components:

We are committed to helping congregation members participate in physical activity by:

- Incorporating physical activity breaks in **Meetings, Events, Gatherings, and Worship Services** (It is recognized that this may not be possible during traditional worship services).
- Incorporating physical activity into classes, programs, and special events for children and adolescents.
- Not withholding or assigning physical activity as a form of punishment during classes, programs, and special events for children and adolescents.
- Hosting ongoing physical activity programs, including **Exercise Classes, Walking Groups, and Intramural Sports**
- Providing space for group exercise classes and programs.
- Providing equipment for exercising.
- Supporting and promoting physical activity programs such as **Exercise Classes, Walking Groups, and Intramural Sports** by posting flyers, making announcements, and sending emails.

In addition, we promote physical activity opportunities for our neighboring community by:

- Opening **Outdoor and/or Indoor** facilities, such as playgrounds, sport courts, walking trails, gymnasiums and multi-purpose rooms, for community recreational use during set days and times.
- Inviting community members to participate in physical activity programs such as **Exercise Classes, Walking Groups, and Intramural Sports**



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09/09/18

Terrell McCoy, Sr. Pastor

A handwritten signature in black ink that reads "Terrell McCoy".

Effective Date:

Name and Title

Signature