



City of Summerside Active Living Policy # P-CS-06 *Approved June 18, 2001*

Policy

1.1 Introduction

Active living is a way of life in which physical activity is valued and integrated into daily life.

The City of Summerside recognizes the value of healthy employees and thus is committed to an Active Living Program that will enhance individual employee health and well being.

The City of Summerside recognizes that an Active Living Program can provide substantial cost savings to the organization in the form of reduced absences, increased employee productivity, and increased employee morale.

1.2 Purpose

The purpose of this program is to provide the employees of the City of Summerside with the necessary tools needed to improve their own health and well being. The Program is designed to help employees take control of the quality of their life by making active, positive lifestyle changes.

1.3 Guiding Principles

The Active Living Program will:

- reflect the needs and interests of all employees;
- recognize the needs, preferences and attitudes of different groups of participants;
- recognize that an individual's "lifestyle" is made up of an independent set of health habits;
- adapt to the special features of each worksite environment;
- support the development of a strong overall health policy in the workplace.

1.4 Objectives

- to provide employees with the educational and physical opportunities that promote positive lifestyle behaviours, enhancing the social, physical, intellectual, emotional and spiritual dimensions of one's life;
- to improve the health and well-being of City of Summerside employees and promote a healthy lifestyle for all employees.

1.5 Eligibility

All permanent City of Summerside employees are permitted to participate in all Active Living Program activities.



1.6 Roles and Responsibilities

The following is an outline of the roles and responsibilities of City Council, CAO/Directors/Supervisors/ Union, and Employees:

1. CITY COUNCIL

The City Council is responsible for:

- adopting this Program as policy;
- making available sufficient resources, human, financial and material.

2. EMPLOYEES

Each employee is responsible for:

- participating in the Active Living Program activities relative to their individual interests and needs;
- creating a positive work environment that promotes workplace wellness initiatives and promotes healthy lifestyles.

3. CAO / DIRECTORS / SUPERVISORS / UNION

Each director and/or supervisor is responsible for:

- promoting the Program and encouraging employees to participate;
- ensuring all employees are aware of the activities offered by the Program through individual department communication channels;
- working with the QWL Committee and HR Director to identify strengths, weaknesses, and possible changes to the Program.

1.7 Types of Program Activities Offered

The Active Living Program will offer numerous lifestyle change and fitness programs to City of Summerside employees. The Active Living Program also offers a variety of fitness testing, events, and classes. The goal of the program is to help employees improve their physical, mental, and emotional well-being through a variety of activities, educational sessions, and testing procedures offered at the various worksites.

The types of programs that may be offered include:

- Fitness Testing
- Physical Activity
- Exercise Classes
- Weight Management & Nutrition Seminars
- Stress Management
- Smoking Cessation
- Health Assessment Clinics
 - Cholesterol Testing
 - Blood Pressure Testing
 - Diabetes Testing