

Healthy By Design Event Planning Checklist & Resources

What makes a quality Physical Activity section?

- Opportunities for physical activity are provided
- Precautions to safe participation are address (if the event includes organized physical activity above participants' current daily routines)
- Participants are familiarized with ideas for increasing physical activity in daily life

Frequently Asked Questions*

How can physical activity opportunities be provided?

- Provide breaks
- Lead stretches
- Encourage parking further from the event and walking
- Exhibits that require participants to be up and moving
- Non-sedentary icebreaker

How can precautions be addressed?

- Use a Physical Activity Readiness Questionnaire or signed waiver

How can participants be familiarized with ideas for increasing physical activity in daily life?

- Promote community events (i.e. runs, walks)
- Encourage visits to trails or parks
- Suggest taking the stairs instead of the elevator
- Walk to lunch
- Display “Make the Healthy Choice Every Day” banner/materials (5-veggies/fruits, 2-hours or less screen time, 1-hour physical activity, 0-sugary drinks)

Need more resources?

- Physical Activity Readiness Questionnaire: <http://www.exrx.net/Testing/ERQ.html>.
- Physical Activity Informed Consent Waiver: http://www.mindingourbodies.ca/toolkit/resources/informed_consent_waiver_form.
- For examples of including physical activity into daily life: <http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>; http://www.health.gov/paguidelines/pdf/fs_adult.pdf; <http://www.healthybydesignyellowstone.org/initiatives/healthyweight/physicalactivityresources/>.



*Note: These are examples to help guide event planners, lists are not comprehensive.