









## Guide to Implementing Pillar #3: Physical Activity

### *3a) Sustain a culture that values, supports and promotes physical activity*

-  An organization must demonstrate that their company culture promotes and encourages maintaining a physically active lifestyle.
-  Educating employees about the importance and health benefits of physical activity is essential.
-  You must be able to check off all boxes under 3a on the accreditation application.

### *3b) Provide access to opportunities for physical activity*

-  An organization must provide easy access to opportunities to maintain a physically active lifestyle
-  Programs may be onsite or offsite.
-  You may use a broad-based approach rather than a single program.
-  Efforts should focus on long-term success, with a specific goal of employees attaining -- and maintaining -- a physically active lifestyle.
-  There are many [suggested ways to meet requirement 3b](#) – not all are required, however, you'll be required to check off a sufficient number of boxes on the accreditation application to demonstrate that you are offering programming to help employees be physically active.