

Model Wellness Blueprint

Create your organization's Wellness Blueprint with this template.

At [organization name], we are dedicated to creating a culture of wellness for all visitors, participants, members and employees. We have committed to the following Wellness Blueprint to promote a healthy environment:

- Children and families are provided with healthy food and beverage choices.
- Water is available in all facilities and at all events.
- A variety of physical activities are planned for people of all ages and abilities.
- Youth programs provide a healthy environment for kids by providing:
 - Nutritious foods and beverages.
 - Opportunities for physical activity.
 - Limited screen time.
 - Healthy habits education for children and families.
- Staff and volunteers serve as healthy role models to youth.
- Food and physical activity are not used as incentive or punishment.
- Fundraising events promote healthy habits by including non-food items and healthy food fundraising activities.
- Employees are provided with a healthy work environment and opportunities to learn about health and wellness.
- Breastfeeding moms are supported and provided a safe space (other than a restroom) to breastfeed or pump.