***Learning Days Physical Activity Policy***

***“Promoting Healthy Living”***

*Daily Physical activities assures healthy bodies. In fact, we promote physical activities to assure optimal health. Here are five ways that we promote physical activity at Learning Days:*

1. *Children are provided with 1-1.5 hours of outdoor play a day*
2. *Families are provided with physical activity resources in our resource library and/or on our social media pages.*
3. *The staff is encouraged to take a walk on lunch breaks and/or move their bodies while on the playground with the children.*
4. *On rainy days, we plan to provide a music/movement time to encourage physical activities.*
5. *We also only allow up to 30 minutes a week of television/media time.*

*Keep moving those bodies and be well…. Because your health is your wealth….*

*Learning Days, LLC*