

10 Components to Healthy, Active Environments



Understanding

the importance and need for physical activity, motor skills development, and child-centered free play.

Assessing

indoor and outdoor environments to determine current barriers and successes.

Goal Setting

and **action planning** to maintain and improve health best practices.

Altering

policies to afford more opportunities for physical activity and active play.

Integrating

physical activity and motor skills development into planning routines.

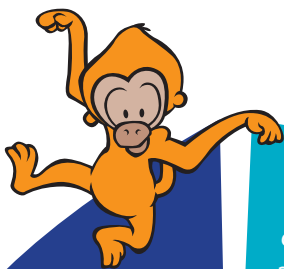
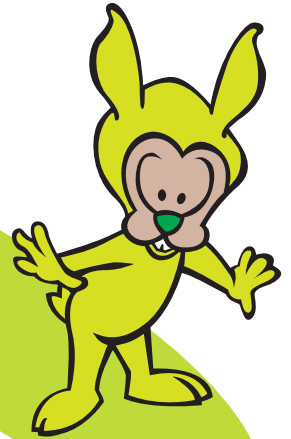


Incorporating

staff wellness into organizations and programs to improve physical activity and reduce stress.

Providing

family education around physical activity, motor skills development, and outdoor play.



Selecting & Using

developmentally appropriate and cost effective physical activity related equipment.

Renewing

indoor and outdoor environment to enhance physical activity and better connect children and adults with nature.



Sustaining

active and healthy environments in classrooms, child care centers, schools, homes, and communities.

BLUE CROSS AND BLUE SHIELD
OF NORTH CAROLINA FOUNDATION'S

