

GOLD SNEAKER POLICIES

Gold Sneaker Facilities will:

- offer children at least 60 minutes of physical activity per day
- limit television and video viewing to 60 minutes per day of educational programs
- not allow children to remain sedentary or passive for more than 60 minutes continuously
- ensure physical activity is a positive experience
- ensure appropriate feeding patterns, including breastfeeding
- ensure appropriate feeding patterns, including adequate time for meal consumption
- ensure appropriate infant and child feeding patterns, including appropriate portion sizes
- promote a positive attitude toward food, and
- maintain a tobacco free campus.

For policy details and to learn more about the Gold Sneaker Initiative, please go to: <http://tn.gov/health/topic/goldsneaker>

To become a Gold Sneaker facility, please contact

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GOLD SNEAKER INITIATIVE

For Childcare Facilities



WHAT IS THE GOLD SNEAKER INITIATIVE?

The Gold Sneaker Initiative enhances policy related to health and wellness within licensed child care facilities in Tennessee. Gold Sneaker consists of 9 policies which deal with physical activity, nutrition and a tobacco-free campus.

Participation in Gold Sneaker is voluntary and FREE! Child care programs that implement the policies will earn a Gold Sneaker award and are designated a 'Gold Sneaker' child care facility. Training is available online, for which 2 hours of continuing education is awarded and recognized by the Department of Human Services.

"Being a Gold Sneaker facility is wonderful! Parents see the logo and ask questions and know that we are looking out for their child's well-being."
Gold Sneaker Facility

"The initial meeting was attended to earn credit hours. Sign up was easy and a great incentive. Requirements were reasonable and work within our program." Gold Sneaker Facility

"The Initiative has improved our facility's environment and I'm sure has made parents aware of healthy habits. Besides being a marketing tool, it has made us aware of change and improved our daily habits."
Gold Sneaker Facility

HOW DOES GOLD SNEAKER BENEFIT MY FACILITY?

A Gold Sneaker designated facility will receive:

- an incentive package, with \$200 worth of physical activity and nutrition resources
- a certificate signed by the Governor
- access to an electronic Gold Sneaker logo for parent letters, etc.
- two Gold Sneaker decals for your facility doors
- recognition on the Gold Sneaker web page, and
- a Gold Sneaker newsletter.

