



Best Practices for Physical Activity and Wellness Grant Applications

The Community Health Endowment (CHE) established the following best practices for physical activity and wellness programs. Use the narrative portions of your grant application and your workplan to describe how the proposed program and your organization incorporate these practices.

- **Plan to Attract Participants.**
 - How will you attract or encourage individuals to participate in the program?
 - Are individuals interested in this program?
- **Sense of Community Among Participants.**
 - How will the participants develop a sense of community and accountability with one another and the program leaders during the program?
- **Behavior Change.**
 - What elements in the program will go beyond exposure and education and support long-term change in habits and behaviors?
- **Objective Assessment of Real Health Outcomes.**
 - What assessment activities of participants will take place before, during and after the program?