

## Wellness Program for Employees

Health care costs have increased dramatically within the U of A System. In an effort to address better health and fitness for our employees, we are offering the opportunity for employees to have three 30-minute time slots during the work week to participate in some type of fitness activity(ies). This is voluntary and will apply only to those who are interested in participating.

After meeting with a number of employees, which included the nurse, clerical support staff, and administrators, it appears that the best and least invasive course of action is to have employees coordinate their time with their respective supervisor keeping in mind that all offices must have coverage between 8:00 a.m. and 4:30 p.m.

Activity choices may range from participation in one of our scheduled classes, such as yoga which will move to 4:00 on Tuesdays and Thursdays, working out in our fitness center, walking outdoors, joining a fitness program off campus or something of your choice. I am in the process of trying to get a zumba class started, also. Anytime Fitness is willing to waive the enrollment fee and give our employees a 10% discount on the monthly fee of \$34.95. You just have to identify yourself as an ASMSA employee when you first join. We also have a discounted rate at the YMCA of \$29 per month. We're also looking at bringing in fitness or nutrition speakers from time to time.

For those of you who would like to personally track your progress, whether it be for weight loss/gain, reduction in elevated blood pressure, or attainment of better fitness, the nurse is willing to check your vital signs at your request. None of this information would be shared with your supervisor, as all health information is confidential.

Ashley Smith has created a form, which is attached, that you can elect to use to set your individual goals and track your progress. Accountability is, of course, a concern for us, and I trust that you will hold yourselves accountable. The goal here is to help employees improve their quality of life, reduce stress, and feel better, not provide 1 ½ hours to walk down to the Fat Bottom Girls Cupcake Shop! Your supervisor should be notified of any changes in your workout schedule.

In order to begin your individual wellness program, please sit down with your supervisor and schedule your three 30-minute time slots. If you would like your vitals taken, please contact Maliah at 5202 and schedule a time to see her. Otherwise, let's get moving and bring those health care costs down.

1/10/2012