

Wellness/Fitness Services

Today's Federal manager knows that the healthier the work force, the more productive the work place. Federal Occupational Health (FOH) helps Federal managers establish and maintain Wellness/Fitness Programs that work to ensure a healthy and productive work force. Programs that feature wellness/fitness services offer numerous benefits to employees that ultimately result in reduced absenteeism and health care costs, as well as greater job satisfaction, improved morale, and efficiency. Such programs also further the President's HealthierUS initiative that is intended to fight obesity and improve the long-term health of all Americans.

FOH can provide the facilities, programming, and support to help Federal employees reap the benefits associated with exercise and a healthier lifestyle, while agencies reap the benefits associated with healthier employees. FOH can design, implement, and manage a fully customized Wellness/Fitness Program that will meet the specific needs of an agency and its employees based upon employee health and wellness interests. A well-tailored program is one that works!

Some of the specific services FOH's comprehensive Wellness/Fitness Program can offer include:

Design and Development

FOH's fitness experts can design and implement a program based on agency demographics and unique employee needs. FOH can provide a fully staffed on-site Fitness Center, a customized Wellness Program, or a Virtual Fitness Program. FOH fitness experts can also review existing occupational health services and coordinate FOH's Wellness/Fitness services with those programs or services already in place.

Equipment Management

FOH can either recommend, purchase, or lease new fitness equipment for agency Fitness Centers. FOH provides professional advice on the layout of equipment that will result in the best fit for the space available, as well as best flow for use of equipment by Fitness Center members. FOH can also maintain exercise equipment to ensure its continued quality, reliability, safety, and adaptability for all employees, including the physically challenged.

Fitness Center Management

FOH's management staff can oversee and manage the daily operations of Fitness Centers. FOH will also develop standardized operating policies and procedures, administer the programs, supervise the staff, provide quality assurance services, and evaluate and prepare reports outlining customer satisfaction and utilization.

Certified Staff

FOH's Fitness Center staff is highly qualified and fully certified. Professional Fitness Center staff will help Federal employees get the most out of their customized fitness programs.

Wellness Activities

FOH can custom-design programs based on the needs of an agency and its employees. Fitness Center activities can include a whole variety of programs such as motivational programs, health promotion programs, stress management, weight control, and incentive programs.

Health Promotion

FOH establishes monthly wellness themes and provides materials for staff to promote National Health Observances set forth by the Department of Health and Human Services' Office of Disease Prevention and Health Promotion. FOH conducts on-site health fairs, arranges health promotion lectures, and designs training programs tailored to agency and employee interests. FOH can provide general health information to employees through bulletin boards, articles in agency newsletters, e-mail broadcasts, and brown bag lunch seminars.

Screenings

Prior to beginning an exercise program, FOH will conduct pre-participation and periodic health screenings that include a cardiac risk assessment and recommendations for physician clearance for those who have significant health risks.

Fitness Assessments

FOH can conduct individual fitness assessments for body composition, cardiorespiratory endurance, muscle strength and endurance, and overall flexibility, which provides a baseline of information for goal setting and exercise programming.

Individualized Exercise Programs

FOH can provide employees new to a Fitness Center with an equipment orientation and a personalized exercise program that is designed to an individual's current fitness level and personal health and fitness goals. FOH also offers customized personal training services.

Group Exercise Programs

FOH offers a variety of regularly scheduled group exercise and aerobic classes. Classes may include low impact aerobics, step aerobics, toning, and stretching. In addition, FOH offers cardiovascular and strength training sessions and specialty classes such as yoga, martial arts-based classes, and self-defense. FOH can also coordinate walking, biking, or running groups.

Marketing

FOH actively promotes the services offered by its Fitness Centers. FOH provides materials and staff to help agencies promote the use of available wellness/fitness services and programs.

For over half a century, FOH has delivered high quality occupational health services to Federal managers. FOH's knowledge of the Federal workplace, combined with strategic partnerships with professional health, environmental and safety organizations, enables FOH to help other Federal organizations maintain a safe and healthy workplace. FOH has created a team of professionals that is unparalleled in its ability to work within the Federal structure, yet remains as flexible and innovative as any private sector provider.

Through convenient interagency agreements, FOH's Clinical Services, Wellness/Fitness Programs, Environmental Health Services, and Employee Assistance and Work/Life Programs can provide your agency with a comprehensive occupational health program that saves you time and money. Our ability to customize services enables you to integrate components of our services with existing programs, enhancing their impact and ensuring that your agency meets its obligation to provide a safe and healthy workplace.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.

Because you need a healthy work force. And we can help you build one.