



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.

FOH is a non-appropriated agency that provides occupational health and wellness services exclusively to federal employees. FOH was created by Congress in 1946 by an amendment to the Public Health Service Act (42 U.S.C.), and is a service unit within the Department of Health and Human Services (HHS), Program Support Center. Our **mission** is to improve the health, safety, and productivity of the federal workforce.

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 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, cardio-respiratory 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 who are 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.

FOH, the Occupational Health Provider of Choice for the Federal Government

The mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the Department of Health and Human Services (HHS), Program Support Center.

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life, Environmental Health and Safety, Organizational and Professional Development, and Training and Education.

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**.