

## Federal Occupational Health

### Fitness Centers

Federal Occupational Health (FOH) Fitness Centers provide your agency with a variety of programs and services to help employees enjoy the benefits of physical activity and a healthier lifestyle.

#### Can my agency have an on-site fitness center? If so, how?

Certified fitness experts assist you in determining the feasibility of an on-site fitness center, or suggest other services that would be appropriate for your agency. Our staff can then develop a customized program to meet the needs of the employee population.

#### Who oversees and manages the daily operations of the fitness center?

FOH provides the staff, management, and oversight for your program. We develop standardized and customized operating policies and procedures, administer the programs, provide quality assurance, and prepare customer satisfaction and utilization reports.

#### How does FOH assist with fitness center equipment?

FOH can purchase or provide recommendations for the initial purchase, replacement, or addition of equipment. For existing equipment, our quality control process quickly addresses repairs, ensuring that equipment remains reliable, safe, and readily accessible.

#### Can FOH collect membership fees to offset the cost to my agency?

FOH can establish a membership account to collect membership fees via various payment mechanisms (i.e. check, credit card, payroll deduction). Any surplus collected at the end of the year can be used to purchase equipment or additional services per your agency's approval.

#### What types of group exercise classes are available at an on-site fitness center?

FOH offers a variety of group exercise classes including step aerobics, kickboxing, hip-hop, boot camp, and cycling. We also offer mind/body classes such as yoga, Pilates, and Tai Chi.

#### What other resources are available to help employees achieve their wellness goals?

FOH staff conduct equipment orientation, fitness assessments, individualized exercise programs, lifestyle plans, and a variety of health promotion services.

### BENEFITS

- ▶ **Convenience** of an in-house fitness operation
- ▶ **Reduced threat** of health risks
- ▶ **Certified** and experienced staff
- ▶ **Simple and flexible** service delivery method using the Interagency Agreement (IAA)



**A healthier workforce and people with more energy are the most significant outcomes of our two fitness centers, visited regularly by nearly 700 of our employees. We are a police force, and we need to keep our people fit and healthy to respond to any emergency.**

Work/Life Health and Wellness Manager  
U.S. Department of Homeland Security (DHS)

### FAST FACTS

- ▶ According to the U.S. Surgeon General, inactive people are nearly twice as likely to develop heart disease as those who are more active.
- ▶ About 30 minutes of moderate-intensity physical activity on most days of the week can help individuals reduce their risk of heart disease.

Wellness within your reach.  
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