

WHAT IS THE GET FIT INCENTIVE PLAN?

This is a voluntary program to encourage all City employees to lead active, healthy lifestyles and give them incentives to participate in a wellness/fitness program. The employee chooses one of two plans to participate in for six months. If all requirements are met, the employee receives an incentive after the six month period.

WHAT ARE THE PLANS?

PLAN A: (No assessment required)

1. Sign an agreement to participate in your chosen plan.
2. Keep an exercise log documenting activity and turn in monthly.
3. Attend one lunch and learn educational program during the six month period.

Level 1 Incentive: Participants who complete a minimum of 30 minutes of exercise 72 times in a six month period (the equivalent of three days per week) would receive **\$25** at the end of the six month period.

Level 2 Incentive: Participants who complete a minimum of 30 minutes of exercise 120 times in a six month period (the equivalent of 5 days per week) would receive **\$50** at the end of the six month period.

PLAN B: (Assessment required)

Complete ALL components of Plan A (with a minimum of exercising 72 times in a six month period) *PLUS* a physical fitness assessment at the end of the six months. Components include:

1. Flexibility (YMCA Sit and Reach Test)
2. Muscular Strength (Push-ups)
3. Muscular Endurance (Sit-Ups)
4. Cardiovascular Endurance (1.5 Mile Run or 1 Mile Walk)
5. Body Composition (Percentage of Body Fat)

Level 1 Incentive: Participants who complete all of Plan A and score in the target range for age and gender in three out of five components would receive **\$75** at the end of the six month period.

Level 2 Incentive: Participants who complete all of Plan A and score in the target range for age and gender in four out of five components would receive **\$100** at the end of the six month period.

Level 3 Incentive: Participants who complete all of Plan A and score in the target range for age and gender in all five components would receive **\$125** at the end of the six month period.

HOW DO I GET STARTED?

- Sign agreement
- Review info and decide which plan is best for you
- Be responsible for logging your exercise and submitting them on time
- Ask questions!

WHAT DO I GET?

All participants will receive emails with articles and tips for healthy living as well as have access to planned fitness events. In addition, if the participant successfully completes all requirements of their plan they will receive a fitness incentive plan gift and their monetary award at the end of the six month period (June and December). Cash incentives are taxable income.

Each participant will have the opportunity to schedule two coaching sessions per six month period. Coaching sessions are designed to help people with their individual goals or needs. During these sessions, participants will receive individualized plans and have accountability to ensure success!

EXERCISE LOGS

Exercise logs are due the first work day of every month. Logs can be emailed to Jen Webb (jen@cookeville-tn.gov, 526-7393) or submitted to the Cane Creek Rec Center or Leisure Services Administrative Office at City Hall.

QUESTIONS?

Standards for physical fitness assessments, as well as other useful information, can be found at <http://www.cookeville-tn.gov/hr/forms/>

Or call 526-7393 for more info!

WHAT QUALIFIES AS

EXERCISE?

- Walking
- Running
- Bicycling
- Swimming
- Playing Basketball
- Playing Tennis
- Playing Racquetball
- Golf (walking—no cart)
- Weight Lifting
- Martial Arts
- Aerobics

HEALTHY ACTIVITIES THAT DO NOT

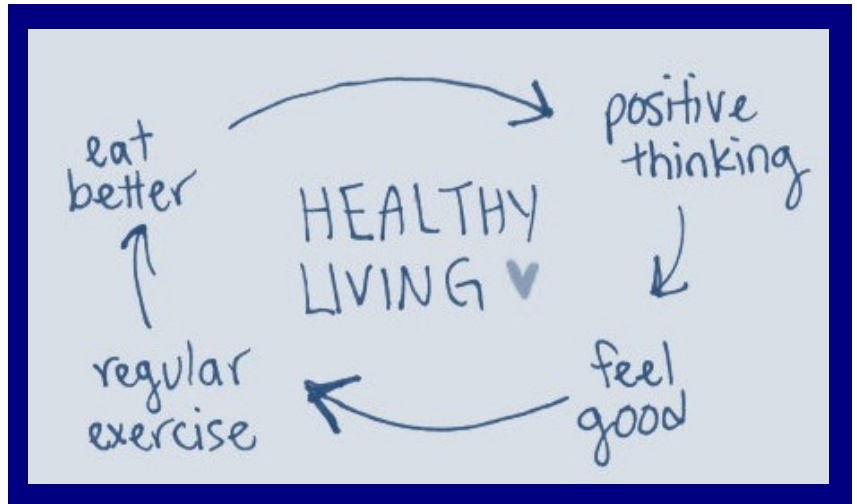
QUALIFY

- Push Mowing
- Gardening
- Shoveling Snow
- Household Chores
- Chopping Wood
- Hunting
- Raking Leaves
- Job Required Tasks



DID YOU KNOW?!!

ALL of the Leisure Services fitness and wellness classes are **FREE** to city employees! Check out the schedule at: www.cookeville-tn.gov/lis/Fitness



We would like to extend a huge **THANK YOU** to City Council and the City Manager for allowing this program to continue!