

LIKELY OUTCOMES

By allowing and encouraging regular physical activity, we can expect to see a decreased risk of developing cardiovascular disease, diabetes, high blood pressure, osteoporosis and obesity. We can see blood glucose numbers drop, blood pressure numbers lower, and see control of other diseases one may already be diagnosed with. We may see a decrease in lost workdays due to illnesses.

CONTINGENCIES

Supervisors must allow all employees this opportunity. However, the employee and the supervisor must agree on time of day and location the employee utilizes this policy. This policy should not be allowed to affect an employee's work productivity. If any discrepancies should occur, the supervisor can, at any time, review the sign-in sheets at the area fitness centers. Should this policy be abused in any way, the opportunity can be taken from the employee and further disciplinary action can be taken.