



What is the Staff Fitness and Wellness Program?

The Staff Fitness and Wellness Program — or SFWP — is designed to promote healthy lifestyles and enhance employee work life.

The program allows employees to take three hours of administrative leave per 40-hour work week to engage in fitness and wellness activities, with the approval of their supervisor. Employees who work less than 40 hours per week may be eligible for a

pro-rated amount of administrative leave, based on the number of hours they work.

The program duration is six months, renewable at the supervisor's discretion.

All GS civilians and active-duty military staff of Fort Belvoir Community Hospital who are not on a performance improvement plan are eligible to participate, per their supervisor's approval.

Workplace health programs allow employees to develop knowledge, self-management and coping skills as well as build a social support among co-workers.

How do I enroll in SFWP?

To enroll:

- Complete the participation agreement form with your supervisor.
- Complete the online Health Risk Assessment and print out the results.
- Bring both completed forms to the Public Health Nursing clinic during their walk-in hours on Tuesdays and Thursdays.

- PHN staff will check your height, weight and blood pressure; an email will be sent to your supervisor with your official start date.

All required forms are available on the SFWP intranet site. To access the site, click on this symbol under "Additional Quick Link Icons" on the intranet home page:



**Staff Fitness and
Wellness Program**

What is available through the SFWP?

- Indoor and outdoor walking / running paths
- Use of Fort Belvoir gyms
- Healthy cooking classes
- Back injury prevention and knee pain classes by Physical Therapy

See fitness links and the calendar on the SFWP intranet page for more resources.



Why does the hospital offer this program?

The Staff Fitness and Wellness Program is part of our hospital director's strategic priority of well-being, health and healing, and it helps to achieve our transformation from a healthcare system to a system of health.

The goal of the program is to assist staff in developing positive personal behaviors that will promote lifelong health.

Similar workplace health programs have shown that improvements in employees' physical, mental and emotional health help reduce work-related injuries and lost work time due to illness or injury, while increasing productivity.



How can I get more info on the SFWP?

To find out more about the program, employees can:

Visit the SFWP website:

To access the site, click on this symbol under "Additional Quick Link Icons" on the intranet home page:



**Staff Fitness and
Wellness Program**

Email the SFWP team:

fbchfitness@health.mil

Visit Public Health Nursing:

Eagle Pavilion, Floor 2, Reception 4

Staff Fitness and Wellness Program walk-in hours are as follows:

Tuesdays, 7 to 8 a.m. and 1 to 3 p.m.

Thursdays*, 7 to 11:30 a.m. and 1 to 3 p.m.

**No walk-ins on the third Thursday each month.*



**Fort Belvoir
Community
Hospital**