

HealthierUS - HealthierFeds

Physical Activity Challenge

January 22 – March 18, 2007

The President's Council on Physical Fitness and Sports and the Office of Personnel Management are hosting a physical activity challenge for 8 weeks, beginning Monday, January 22. Based on the President's Challenge, a program to encourage Americans to increase their fitness, you have an opportunity to start the New Year by improving your health while having some fun. DOE Federal and contractor employees, retirees, and their family members will compete as one team against other Federal Agencies. Information on the President's Challenge is available at http://www.presidentschallenge.org/the_challenge/index.aspx.

If you participated in the 2004 *HealthierFeds Physical Activity Challenge*, there's a good chance that your registration information is still active. All you need to do is log in by clicking on the button at the upper right-hand corner of the Challenge homepage. Enter your user name and password on the following screen.

If you are a new participant, or your information is no longer available, sign up by going to http://www.presidentschallenge.org/the_challenge/index.aspx. Follow the simple directions on the Web site to enroll. First, select the Active Lifestyle program (if you're just getting started) or the President's Champion program (if you're already active), then sign up! Complete the information needed on the "Register Here" screen. Type "DOE" in the box labeled "Group Member ID/Name" to join the DOE team (no number is needed). Now get moving and remember to log in your activities!

As an incentive to get Federal employees started on a physical fitness routine, supervisors are encouraged to grant up to 30 minutes of excused absence to participate in a fitness activity, 3 days of a 5-day workweek (or 2 days if less than 5 days in the workweek) in conjunction with your lunch break, or at the start or end of your tour of duty. The excused absence, if authorized, is only valid for Federal employees during the 8-week Challenge and only for those *activities performed at work*. This incentive is NOT available for employees who already participate in an established fitness routine at work, home, or at any fitness facility.

For questions or comments regarding Federal employees, contact Bruce Murray, Office of Human Resource Management, at bruce.murray@hq.doe.gov. For all other questions or comments, contact Dr. Bonnie Richter, Office of Health, Safety and Security, at bonnie.richter@hq.doe.gov.