



## Easy Access to Physical Activity for Alamance County Government Employees

Alamance County Government has taken an exciting step forward in supporting physical activity for all employees by opening an Employee Fitness Center.



The Center is open 24 hours a day and 7 days a week.

**Taking the WorkHealthy America assessment “increased our awareness and understanding of how employers can impact their employees’ fitness and wellness”** says Sherry Hook, Human Resources Director for Alamance County Government. **“Learning of ideas and success stories of other organizations kept us continually thinking about what we could offer our employees within the constraints of a county government budget.”**

In an effort to promote physical activity for employees, the Alamance County Government wellness committee distributed physical activity kits to the various departments in the county. While employees were excited about the kits, the committee soon realized that there was a need for a dedicated space to use the kits. The idea of a small room to use hand weights and resistance bands grew into a full exercise center complete with weight equipment and cardio equipment that employees could use during their breaks, lunch periods and after work.

The center was developed using grant money and donations through a partnership with *Be Active NC* and now features several pieces of weight training equipment, cardio equipment (treadmills, a recumbent bike and an elliptical trainer), as well as an aerobics room for classes or space to follow along with a fitness DVD. Employees also have access to a changing room and restroom. The center is available 24 hours and 7 days a week, allowing employees to meet their daily health needs.



The Center features weight training equipment, cardio equipment and an elliptical trainer as well as an aerobics room.

“We are excited about the fitness center and hope that by offering it at no cost in a convenient location we can remove some of our employees’ barriers to exercise” says Hook. **“WorkHealthy America gave us the background and motivation to continually think outside of the box from what we’ve done in the past to what is possible for our organization.”**

Fitness Center Highlights: Increasing Access and Benefits				
Easy access onsite	Variety of equipment	Changing facilities	Accessible 24/7	Free!