

It is the desire of the Lordsburg Municipal Schools to promote the improvement of the general health and well-being of its employees. It is the intent of this policy, therefore, to encourage all employees to participate in personal physical fitness activities by establishing a Wellness Program.

The program will provide up to one hour of paid leave per week during which employees may engage in physical fitness activities. In order to qualify for participation, an employee must execute a "Fitness Contract" to be signed by both the employee and his/her supervisor. At no time does the existence of a signed "Fitness Contract" supersede the needs of the school district and/or the job responsibilities of the employee.

Each participating employee will provide his/her supervisor and the Wellness Program Coordinator (school nurse) with a monthly record of actual exercise time completed. Each participating employee will notify both his/her supervisor and the Wellness Program Coordinator should he/she cease to engage on a regular basis in the fitness activities specified in the contract.