

TARGETING FITNESS

End of Enrollment Explanation

You have been participating in the [sponsoring agency] *Targeting Fitness* civilian fitness program for at least up to six months. This is a one-time enrollment program designed to help the civilian employee foster healthy lifestyle choices. It has been our objective to assist you in establishing a habit of regular exercise, proper nutrition and wise decision making in matters concerning your health. This is accomplished by:

- ❖ increasing awareness of health risks;
- ❖ attending health education classes;
- ❖ setting goals in the areas of fitness and nutrition;
- ❖ and behavior modification.

The program strongly encourages you to continue with your new healthy habits.

It is in your best interest to:

- ❖ exercise at least three times a week on your own time;
- ❖ pursue balanced nutrition based on the food pyramid;
- ❖ keep weight control and stress management in mind;
- ❖ persevere as you strive to reach the fitness goals you have set for yourself;
- ❖ and remain faithful to being physically, mentally, and spiritually fit.

In recognition of your completion of the *TARGETING FITNESS* program you will be receiving a copy of the self-care book, BOOK of VITALITY. You will also get a copy of the results of your HRA, final fitness assessment, a fitness profile and a new fitness prescription booklet. We hope that the profile and fitness prescription booklet will assist you in making appropriate goals for future achievement in the areas of fitness and nutrition.

In the near future both you and your supervisor will be asked to complete a customer satisfaction survey concerning the *Targeting Fitness* program. We invite your honest appraisal of the program and any comments and suggestions you have that will make this program more successful. The survey will be completely confidential and returned to the Worksite Wellness Coordinator.

You and your supervisor will shortly receive a letter of completion, releasing you from enrollment in the *Targeting Fitness* program. After [enrollment end date] you will no longer be authorized to use duty time to exercise. If you have any questions or concerns please address them with the Worksite Wellness Coordinator at [phone and/or email].