

**PHYSICAL FITNESS AND HEALTH EDUCATION PROGRAM
AT NASA HEADQUARTERS**

*Cathy Angotti, R.D., L.D.
Occupational Health Office
NASA Headquarters*

*5-2-52
10-4
P.3*

**Policy Procedures to Enter the NASA Headquarters
Physical Fitness and Health Program**

Eligibility for participation in the Physical Fitness Program at NASA Headquarters is dependent, first, on a chart review by a staff physician. If the person has not taken advantage of having a physical examination, a questionnaire is administered that provides known personal and family medical background. If the reviewing physician feels that a treadmill test is warranted, it may be given. If a more serious condition is found to exist, the employee will be required to obtain clearance for his/her PMD with concurrence from the NASA physician. All participants must be "cleared" before they can participate in the program and the facility.

After a person has been cleared to use the facility, the Fitness staff is notified. The Fitness staff then contacts the employee to schedule an appointment for fitness testing and a personal exercise program. At this initial appointment, proper equipment use and maintenance is explained.

Eligibility

Only civil servants are eligible to use the Fitness Facility. At one time, contractors were allowed to use the facility on a "space available" basis if they met the medical clearance requirements. While this is no longer the case, a few contractors do still use the facility, but when they leave the Agency, they will be replaced with NASA employees.

TDY Eligibility

A NASA employee from another Center who is cleared in his/her own facility or who has a medical record on file with that facility may be cleared to use the

Headquarters facility. It is necessary that these employees complete the appropriate form for use of the facility, inform their originating Center Medical Unit, and have that physician give verbal approval to the staff Headquarters physician.

Health Promotions Offered

The Fitness Facility has been positioned as an extension of overall health promotion and disease prevention efforts. There is a close working relationship between the Fitness Manager, the clinic staff, and the nutritionist.

Major effort is given to the Annual Agency Fitness Challenge. A walking club was established with a t-shirt incentive for participants who walked 1,000 minutes or more. The staff promotes Headquarters involvement in National Fitness Day. A weight loss competition, between organizational codes, was successfully planned and implemented. Consideration for a follow-up program or making this competition an annual event is being evaluated. Classes are offered periodically on back care, strength training, toning, the biofeedback role in stress management, etc. These sessions are then turned into "instant talks," with appropriate handout materials given out by the speaker (EAP, nutritionist, etc) and made available to anyone who requests them. Softball is a well supported intra-mural sport, and the annual NASA golf tournament is fun for the seasoned player as well as the "duffer."

Two aerobics classes are offered each day: step aerobics and the more traditional dance aerobics. This program is entirely self-supporting, with an average of 500 participant visits each month. A small monthly fee is charged for unlimited sessions to pay the cost of the outside instructors.

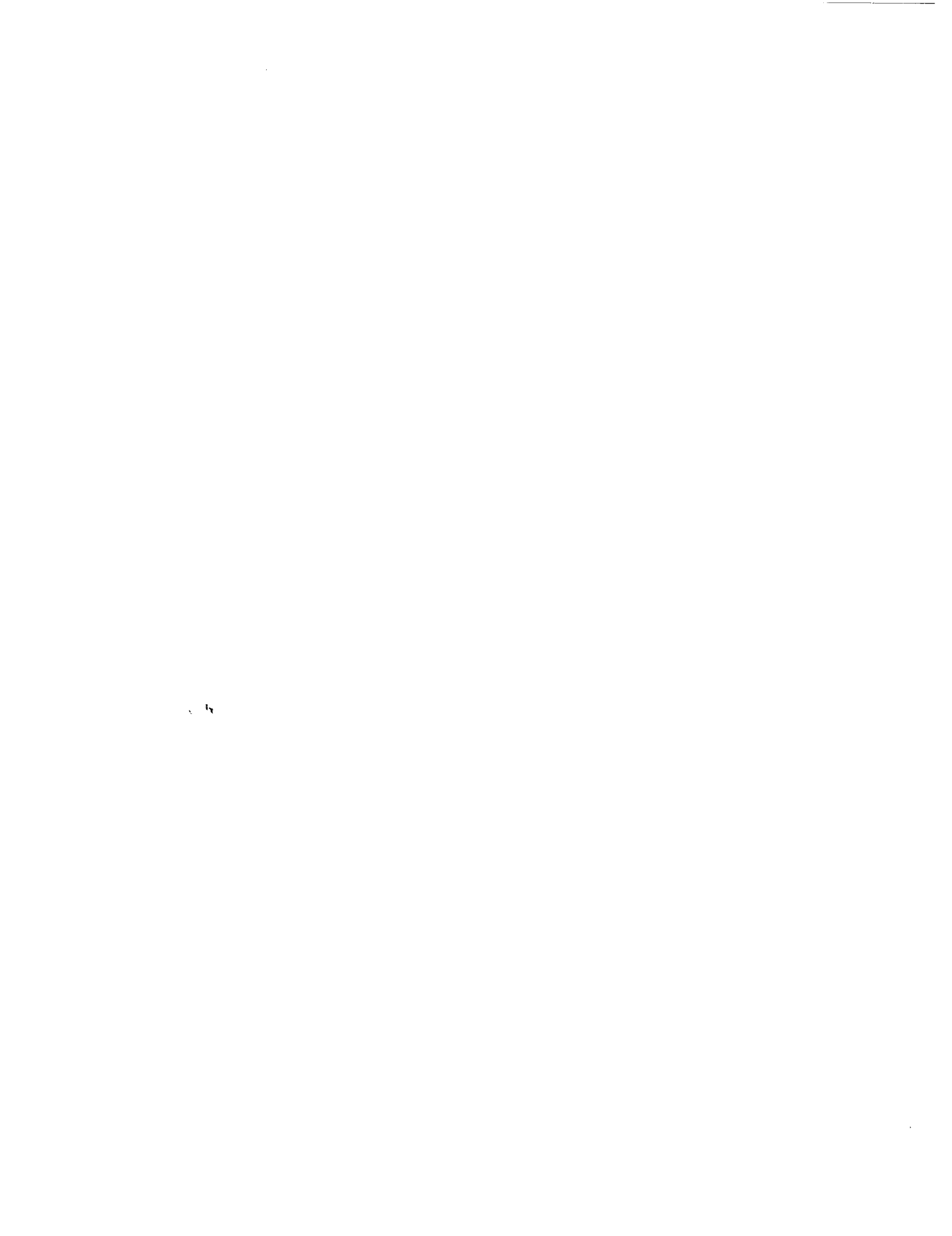
General Facility Management

The entire Headquarters operation was moved from several buildings into one new facility during 1992, and will be completed before the summer of 1993. To smooth out some of the "kinks" in the delivery of normal service that can happen in a move of this magnitude, Town Meetings were held which enabled the employees to interact with the staff as a group.

The program is run with two full-time slots that are staggered to cover the extended hours of the facility. The Fitness Manager has a Master's Degree in exercise physiology and an extensive background in cardiac rehabilitation. This background is an excellent complement to the ongoing Cardiovascular Risk Reduction Program that is run by the nutritionist.

The 4,500 square foot Physical Facility is located below the lobby on the concourse level, and includes locker rooms for men and women. A variety of equipment is available to meet the aerobic and strength conditioning needs of the population. An average of 140 people use the facility each day, and this is likely to increase as the move is finalized and all of the NASA Headquarters employees are located in the same building.

The 1,000 square foot Aerobic Facility, located directly across the hall, is separate from the main Fitness Facility. This facility's floor surfaces are appropriate for aerobic activities.



N94-16632

AMES FITNESS PROGRAM

Randy Pratt
Fitness Program Director
NASA Ames Research Center

2382
12/25
P. 1

The Ames Fitness Program services 5,000 civil servants and contractors working at Ames Research Center. A 3,000 square foot fitness center, equipped with cardiovascular machines, weight training machines, and free weight equipment is on site. Thirty exercise classes are held each week at the Center. A weight loss program is offered, including individual exercise prescriptions, fitness testing, and organized monthly runs. The Fitness Center is staffed by one full-time program coordinator and 15 hours per week of part-time help.

Membership is available to all employees at Ames at no charge, and there are no fees for participation in any of the program activities. Prior to using the Center, employees must obtain a physical examination and complete a membership package.

Funding for the Ames Fitness Program was in jeopardy in December, 1992; however, the employees circulated a petition in support of the program and collected more than 1,500 signatures in only three days. Funding has been approved through October 1993.

The Center relies heavily on user support in the form of donated services and funds (more than \$60,000 in 1992). Exemplifying this support was the construction of a horizontal climbing wall (valued at \$15,000) built and installed entirely with donated services and funds.

PRECEDING PAGE BLANK NOT FILMED

238
SEARCHED SERIALIZED INDEXED FILED

