

KENNEDY SPACE CENTER EXERCISE PROGRAM

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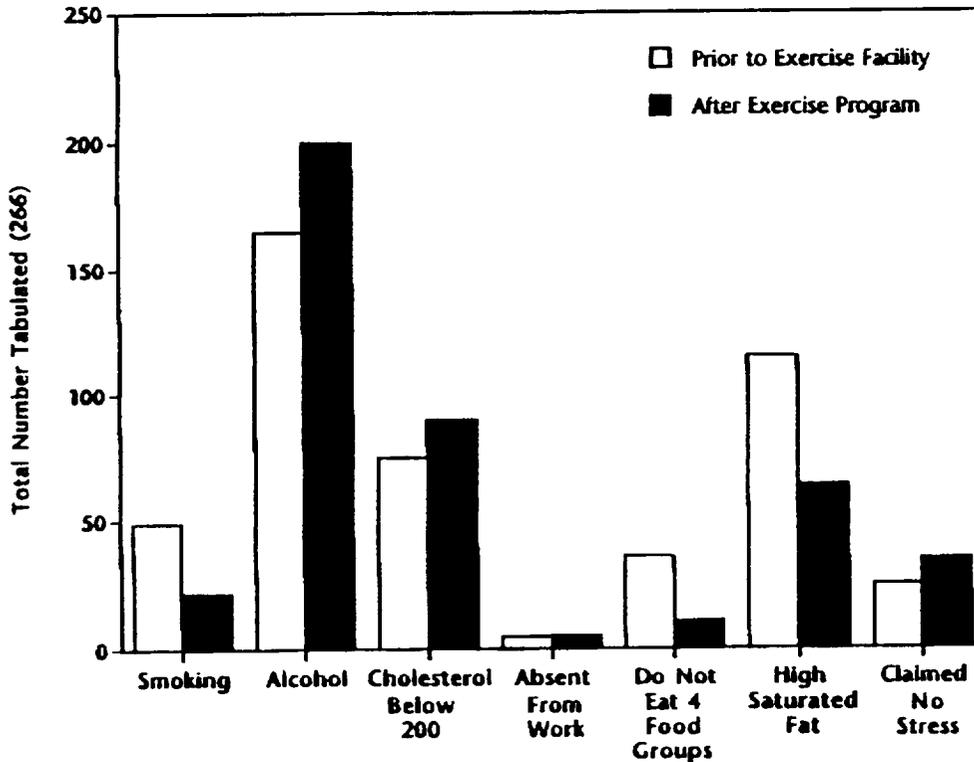
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P. 4

The Kennedy Space Center (KSC) Fitness Program began in February 1993. The program is managed by the Biomedical Operations and Research Office and operated by the Bionetics Corporation. The facilities and programs are offered to civil servants, all contractors, temporary duty assignment (TDY) participants, and retirees. All users must first have a medical clearance. A computer-generated check-in system is used to monitor participant usage.

The exercise facilities are well attended. Of a total population of approximately 20,000 employees, over 7,000 are registered in the exercise program. For fiscal year 1992 the monthly average attendance was 1,854 (Exhibit 1).

**Exhibit 1. Exercise Facility Attendance
November 1991 through October 1992**



244

There are a total of seven staff members. All have B.S. degrees or higher in a field related to exercise physiology, and all are certified in cardiopulmonary resuscitation, first aid, Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, and Health Fitness Instructor through the American College of Sports Medicine. Some staff members also have Certified Athletic Trainer, Aerobic and Fitness Association of America, and the National Dance Exercise Instructor Training Association certifications.

Keeping the equipment operational is a vital part of the success of the program. We have found that the best method to maintain our equipment is a formal program that includes tracking charts for daily, weekly, monthly, and quarterly maintenance tasks. This program, reported in quarterly and annual reports, was implemented in July 1991 and has resulted in a decrease in turn-around time, reduced outside labor costs, and reduced parts costs.

Also important in keeping the attendance high are the motivational programs developed and implemented by the staff. The following programs are available to help motivate and increase participant adherence:

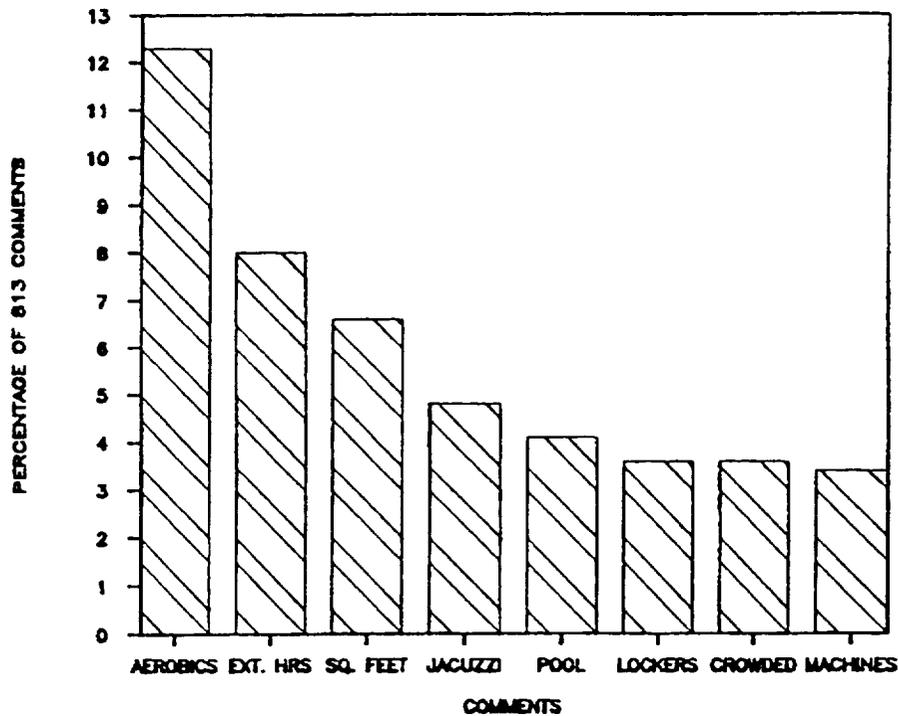
1. An athletic trainer is available to maintain prescribed rehabilitation programs, provide injury prevention education, and act as liaison between local physicians and physical therapists.
2. Personal fitness training is a very important part of the program. Special exercise programs are designed on an individual or group basis for body building, sports specific training, general health and fitness, and recovery from minor injury.
3. Two exercise classes are offered: a strength/conditioning/flexibility class, and a low-impact aerobics class.
4. KSC offers many motivational programs throughout the year, such as Exercise Across America, Intercenter Run, President's Challenge, Rowing Regatta, etc. These programs encourage the participants to stay motivated by making exercise fun and challenging.
5. Educational information is written and provided by the staff in the form of flyers, brochures, and posters. Staff training is also offered. This training consists of a 6-week aerobics class training program and a manual for

weight training that details the different muscle groups and how each is exercised for maximum benefit.

- The Wellness Network consists of individuals from different contractors who meet once a month to discuss wellness activities held within each company and activities for all of KSC. The activities to date have included health fairs, smoking cessation courses, food festivals, stress management, weight management, and Dance for Heart.

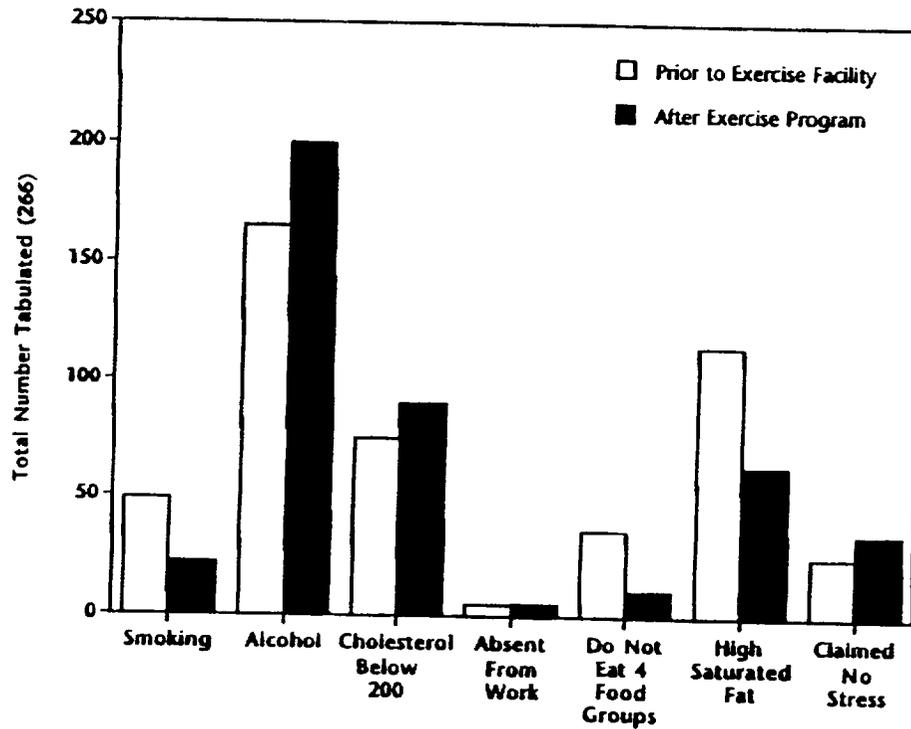
All of the above programs have been very successful and have resulted in an atmosphere conducive to promoting health. In order to demonstrate the success of the program and determine that the needs of the clientele are being met, different methods for analysis have been initiated in the past three years. A Center-wide survey analyzed the fitness needs of the KSC population and allowed the implementation of many different programs. Exercise classes and longer hours were the two requests most often made, and both have been implemented (Exhibit 2).

**Exhibit 2. 1990 Exercise Facility Survey
Results of Comments Section - O&C**



More recently, a facility user Demographic Survey, similar to the ACSM's Health Risk Appraisal, was sent out to the participants. Some of the results from this survey are shown in Exhibit 3.

Exhibit 3. Facility User Demographic Survey



The last analysis was a review of the literature on the benefits of corporate wellness. This 42-page document was prepared after a review of over 60 articles on wellness programs. The study centers on the cost benefits associated with the implementation of a wellness program.

Plans to diversify include expanding the variety of exercise classes and the inclusion of a nutritional component. Other areas scheduled for improvement include increasing the methods of measurement to help trend our successes.

The KSC exercise program has improved over the past two years. Opportunities such as this Breakout Session are a perfect way to pool the resources of the NASA Centers and offer an opportunity to share the accomplishments that each has achieved and receive recognition for all of the hard work and perseverance.