

PHYSICAL EXERCISE PROGRAM

Marshall Space Flight Center

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**The Marshall Space Flight Center
Physical Education Program**

The Physical Exercise Program at the Marshall Space Flight Center (MSFC) has been in existence since 1981. The Center is located in Building 4494, west end. The Center consists of approximately 5,000 square feet, and houses locker rooms for men and women, an exercise area, a class room, an office, and a therapy room. The facility is open Monday through Friday, except on government holidays, from 10:30 a.m. to 7:00 p.m. No one is allowed in the facility without the supervision of the Program Manager or the Assistant Program Coordinator. As would be expected, we have various pieces of aerobic and resistance machines for participant utilization. Aerobic dance classes are held four times each week, and there are plans to begin a step aerobics program.

Enrollment in the program is limited to NASA civil service employees, co-op students, summer faculty, and those who work for the National Research Association. Each person who signs a request for participation in the program must have a physical examination with a GXT that is offered by our NASA Medical Center or by their personal physician and approved by the Medical Director. Upon approval, the individual is then contacted by the Physical Exercise Program for a fitness evaluation. Employees of other Centers on TDY are eligible to use the MSFC under the following conditions:

1. If they are NASA civil service employees.
2. If they are approved for their home Center's exercise program.
3. Upon receipt of a letter or telephone call from the Fitness Director at their home Center.

The Marshall Space Flight Center also offers several health education courses which are taught through the Physical Exercise Program. The courses taught are:

1. The American Red Cross Back Injury Prevention.
2. The American Lung Association "In Control" Smoking Cessation.
3. Lifestyle for a Lifetime Weight Loss Program.

These programs are open to all NASA civil service employees. The Back Injury Prevention course is open also to on-site contractors, and the Smoking Cessation class is open to spouses and retirees as well as the individuals mentioned above.

Our Smoking Cessation Program is held on a quarterly basis and is advertised through the NASA weekly Bulletin. The course lasts for twelve consecutive work days with a thirteenth review and commitment session held two weeks later. Each session is held for 30 minutes, and administrative leave is granted for class participation. The course instructors are staff members of the Physical Exercise Program. For NASA civil service there is no charge to take the course, but contractors, spouses, and retirees pay \$17.00 to cover the cost of the workbook. The initial cost for the program was \$45.00 for the videotape and workbooks. A one-year follow-up is sent to all who complete the course to evaluate its effectiveness.

The Back Injury Prevention course offered at MSFC is designed by the American Red Cross. The course is offered in one two- and a half-hour session. It is taught during work hours, and administrative leave is granted. The course is free to the participants. The Manager of the Exercise Program facilitates the class. The costs involved in this program are as follows: \$50.00 to be certified by the American Red Cross, \$5.00 for the workbook, \$3.00 administrative fee per participant and the cost to build weighted lifting boxes.

The Lifestyle for a Lifetime Weight Loss Program was developed on-site. The program is offered in six weekly one-hour classes. The course is taught during the lunch hour, with administrative leave granted and lunch time to be used concurrently. The course is taught by the exercise staff, the Medical Center staff physician, and the NASA MSFC psychologist. The cost for the program involves the publishing of the manual and various handouts. The program includes a one-year follow-up survey evaluation.

Other functions offered by the Physical Exercise Program are a yearly Health Fair during the annual NASA picnic; the annual Employees Health and Fitness Week in conjunction with Employees' Health and Fitness Day; a biannual predicted time run; and other motivational-type challenges to encourage employees to exercise.

The Physical Fitness and Health Breakout Session

Each Center's presentation generated a great deal of interest among all of the Fitness Managers of the other Centers. Because of this, all of the time allotted for the Exercise Breakout Session was spent on Center presentations and did not allow time for other topics on the agenda. A recommendation was made to resume the Exercise Breakout Session the following morning before the general session began, and this was agreed to by all.

In the Thursday morning session, Cathy Angotti reported on the Intra-Agency Challenge. It was reported that the Agency did poorer than in the previous year with the total number of logs turned in. Discussion then concerned each individual Center's participation in the Intra-Agency Challenge, and the role of each Center in carrying out the challenge. Cathy reported that the main functions of the challenge are to:

1. Motivate each Center's participants to exercise by having specific goals to meet individually and as a team.
2. A means of tracking NASA as an Agency as it tries to reach the Healthy People 2000 goals.
3. Setting an example for other Agencies in using The President's Council on Physical Fitness and Sports NASA Agency-wide.
4. A means of justifying the importance of physical activity in the workplace through employee participation.

OTHER PROGRAMS

Following are nine examples of written medical monitoring programs that can be adapted to any occupational medical facility's purposes. Seven of these programs, covering Arsenic, Asbestos, Hearing Conservation, Lead, Mercury, Respiratory Protection, and General Medical Surveillance, were written by Stephen A. Weirich, M.D., Hummer Associates, Medical Director at the NASA Lewis Research Center, and these programs are currently being followed at Lewis.

Also included are two examples of written "Exposure Control Plans" now required by OSHA's Bloodborne Pathogen Standard to be implemented by any facility where there is a measurable risk of occupational exposure to blood or other potentially infectious materials. The first Exposure Control Plan was written by Sharon Blasdell, R.N., C.O.H.N., of EG&G Florida at the Kennedy Space Center. The second example was prepared by Caro Luhrs, M.D., and Rita Teitelbaum, R.N., of Hummer Associates at the Veterans Administration Headquarters in Washington, D.C.

