State of California

MEMORANDUM

TO: PERSONNEL MANAGEMENT LIAISONS

THIS MEMORANDUM SHOULD BE DISTRIBUTED TO:
Personnel Officers, Wellness Coordinators,
Health and Safety Officers

FROM: Department of Personnel Administration
Office of the Director

SUBJECT: Employee Health and Fitness Day in California

CONTACT: Marie Pereira, Benefits Division
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The California Governor's Council on Physical Fitness and Sports and the National Association of Governor's Councils are presenting the 8th Annual National Employee Health and Fitness Day (NEHFD) on Wednesday, May 15, 1996. In recognition of NEHFD, Governor Pete Wilson has proclaimed this date as the "Employee Health and Fitness Day in California." (Please refer to the attached copy of the proclamation.) The Governor is asking all State departments and other public and private sector employers to support the participation of their employees in special health activities at the work site on this date. Involvement in these kinds of events is consistent with the statewide wellness program being developed by the Department of Personnel Administration (DPA) through the direction of Governor Wilson's Executive Order W-119-95.

DPA encourages the management and staff of all departments to support promotion of the physical fitness of the work force by organizing healthy, fun, and noncompetitive activities on this special day. Although participation in these activities is voluntary, we have found the more creative and varied the available activities and the more lunch/break period flexibility that is provided, the better the participation. The following are a few activities for your consideration.

Group Walking - Healthy Snacks at Break Periods - Group Stretching Exercises - Healthy Foods Pot Luck Lunch - Walking Stairs - Presentation by a Health Professional - Noontime Aerobics - Show Health Video - Noontime Volleyball

In 1995 a great many State employees experienced much enjoyment and received many benefits through their involvement in this national health event. Some offices have even continued to provide these kinds of activities periodically throughout the year.
State employees in the Sacramento area are invited to participate in a special Health and Fitness Fair on the West side of the State Capitol on May 15, 1996 between 11:00 a.m. and 1:30 p.m. Cary Nosler, the "Captain Carrot" of Sacramento fame, will be the master of ceremonies for the special 12:00 noon program that will be part of this event. There will be brief presentations by persons recognized for their contributions to health and fitness, Olympians from the local area will be introduced, and there will be energetic athletic demonstrations showing that fitness is fun.

This fair will include more than 50 booths providing health screenings (most are free), health education, demonstrations of exercise equipment and fitness activities, and free samples of foods and drinks of various kinds.

If you would like additional information or have specific questions regarding the Health and Fitness Day, please call Marie Pereira at (916) 324-9365 or Calnet 454-9365.

Lillian Rowett
Chief Deputy Director

cc: Department Directors

Attachment
WHEREAS, medical studies and research have demonstrated that exercise and good
nutrition are prerequisites to good health and that exercise is one of the most
cost-effective means for workers to maintain good physical and mental health; and

WHEREAS, a strong and healthy body influences not only our outlook on life but
also our mental attitude, academic and social skills, and daily experiences both on
and off the job; and

WHEREAS, the establishment of a state employee worksite health and fitness
program, instituted through Governor's Executive Order W-119-95 issued April 4,
1995, which is the first of its kind in the country, is consistent with the
interests of the NEHFD; and

WHEREAS, as a salute to a fit America, the month of May 1996 is being observed
as National Physical Fitness and Sports Month; and

WHEREAS, the California Governor's Council on Physical Fitness and Sports and
the National Association of Governor's Councils are presenting the 8th Annual
National Employee Health and Fitness Day (NEHFD) on May 15, 1996; and

WHEREAS, NEHFD is the largest nationwide event to promote fitness at the
worksite and to encourage employers to consider initiating long-term fitness and
recreation programs; and

WHEREAS, the goals of the NEHFD are consistent with the Healthy California
2000 objectives; and

WHEREAS, public- and private-sector employers throughout the state are being
asked to join in National Employee Health and Fitness Day by allowing employees to
participate in noncompetitive walking, jogging, aerobic dancing, stretching,
hiking, bicycling, and other activities that are fun and emphasize the importance of
physical fitness;

NOW, THEREFORE, I, PATE WILSON, Governor of the State of California, do hereby
proclaim May 15, 1996, as Employee Health and Fitness Day in California.

IN WITNESS WHEREOF I have hereunto set my hand
and caused the Great Seal of the State of
California to be affixed this 25th day of
January 1996.

Pat Wilson
Governor of California

ATTEST:

Bill Jones
Secretary of State