



FPL (Fitness Performance Life) Program Information

The purpose of this program is to encourage physical activity. The program offers an accountability factor for participants by:

- Providing an assigned fitness trainer 3 days per week—1 hour per session for the duration of the program
- Having scheduled training sessions weekly
- Utilizing varied workouts weekly to increase cardiovascular endurance and strength through a variety of exercise modalities.
- Providing an opportunity for the employees to participate in this Wellness activity while utilizing the Aquatics and Fitness Center to facilitate the workouts.

PARTICIPANT REQUIREMENTS

- Completion of fitness assessment at the beginning and end of the study. Information gathered includes: weight; body fat composition; blood pressure; heart rate; circumference measurements; upper body strength; abdominal strength; cardio endurance; and flexibility.
- Complete 3 1-hour training sessions weekly with assigned trainer.
- Coordinate workouts with trainer. Participants must have flexibility in times and days of weeks training sessions are conducted. Fitness trainers will schedule training sessions based on their availability.
- Report to training sessions in a timely manner. Failure to report to 3 or more training sessions will result in expulsion from the program.
- Notify trainer 24 hours in advance of training session cancellation.

SAVINGS TO PARTICIPANTS

- No charge to participate in this program for full time or designated part time COG or GUC employees.
- 3--1 hour per week personal training sessions provided FREE for the 8 weeks of the FPL Program (\$480 value)
- Free membership to GAFC. . . As part of your benefits package, individual membership to the Greenville Aquatics and Fitness Center is available to all full time or designated part time COG or GUC employees---FREE. Qualified employees may join with no application fee and no payroll deductions.
- GAFC family membership fees are only a \$25.00 one-time application fee (\$75 savings) \$6.00 will be deducted from your paycheck each pay period. Monthly Family membership cost for employee: \$12