



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT  
Washington, DC 20415

The Director

Saturday, October 17, 2009

**MEMORANDUM FOR: Heads Of Executive Departments And Agencies**

FROM: John Berry, Director

Subject: Announcing the FedsGetFit Health, Wellness Awareness Campaign

I am excited to announce the launch of FedsGetFit, a Wellness Awareness campaign over the coming months in preparation for our Campus Worklife Program early in the New Year. We invite your agency to participate in this campaign, which is dedicated to raising awareness and commitment to health and wellness as part of worklife balance.

The awareness campaign will highlight all four pillars of a healthy lifestyle, including physical activity, nutrition, healthy choices, and prevention. Each of the three months of our Awareness campaign will have a theme around these pillars: October is Fitness, November is Nutrition, and December is Healthy Choices. Prevention will be a running theme throughout the entire campaign.

Our first of three planned events is a Fitness Expo/Walk, to be held at 12 noon on Tuesday, October 27, 2009, on the National Mall. The program will include an optional one-mile walk at 11:30 a.m., along the Mall from 7th St to 14th St and back, to kick off a government-wide walking challenge that I will announce at the event. I will be joined by agency leaders, Members of Congress and players from the National Football League Players Association. This exciting program will also include an "Expo" of agency wellness programs, and a host of media will be in attendance including WHUR.

In addition to attending the event and encouraging your employees to participate, we invite you to participate in the Expo, where you can showcase any or all elements of your Worklife program. Ideas you might consider are to display pamphlets about your worklife initiatives such as fitness centers, smoking cessation programs, etc; provide giveaways (water bottles, etc); have a member of your worklife team demonstrate fitness activities; or provide good walking maps or distance charts for the area around your agency. Get creative and show Federal employees and the public what excellent work we do promoting a healthy workforce! We can provide you with sample text for an email to your employees to advertise the event.

If you would like your agency to participate in the expo, please provide the name of your agency contact for the event to Mary Bussjaeger by COB Tuesday, October 20, 2009 at (202) 606-1665 or at [fedsgetfit@opm.gov](mailto:fedsgetfit@opm.gov). Additional information about this event, and future events during the awareness campaign, will be provided to your agency contact.

Any questions about this event may be directed to Sydney Smith-Heimbrock, Acting Executive Director of the CHCO Council, at [Sydney.Smith-Heimbrock@opm.gov](mailto:Sydney.Smith-Heimbrock@opm.gov), or (202) 606-2762.

We look forward to working with you on this exciting sequence of events to showcase your hard work on Federal worklife programs.

cc: Chief Human Capital Officers