



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT
Washington, DC 20415

The Director

May 12, 2008

MEMORANDUM FOR CHIEF HUMAN CAPITAL OFFICERS

FROM: Linda M. Springer,
Director

SUBJECT: *HealthierFeds: Promoting Wellness Among Federal Employees*
Employee Health and Fitness Month, May 2008

Each year in May employees all over the Nation celebrate Employee Health and Fitness Month, part of the National Physical Fitness and Sports Month. In his April 29th [proclamation](#), President George W. Bush urges all Americans to participate in activities that help maintain a healthy lifestyle, and to encourage family, friends, and neighbors to live healthier lives by participating in physical fitness activities. The U.S. Office of Personnel Management (OPM) has embraced physical activity as one of the four pillars of the HealthierFeds Initiative (healthierfeds.gov), a campaign to encourage positive health decisions among Federal employees.

While many agencies have taken advantage of the opportunities provided by law to establish and operate employee health and fitness programs and facilities, OPM recognizes the positive impact agencies can make with special promotional efforts at the workplace. Employee Health and Fitness Month provides an excellent opportunity for Federal agencies, through events such as health fairs, fitness challenges/walks, or lunch and learn seminars to reinforce messages to employees about the importance of being physically active.

The benefits of physical activity are immeasurable and can enhance an individual's quality of life in countless ways. By calling attention to the importance of being physically active, we can help Federal employees achieve a crucial step in enjoying greater health.

Agencies may also wish to take advantage of creative opportunities for workplaces to get involved through The President's Council on Physical Fitness and Sports (PCPFS), a leader in promoting exercise for the Nation at www.fitness.gov.