



# WellPath

## Exercise/Fitness Participation:

Exercise is a key strategy for those in pursuit of optimal health and wellness. WellPath's Exercise/Fitness Participation (EFP) Program encourages you to be regularly active and improve your fitness level. It is easy to get started. Visit [www.wellpath.info/coaching](http://www.wellpath.info/coaching) to contact a WellPath Coach and he or she will guide you through the process. You can earn 50 WellPath points for every three month period in which you complete the requirements of the EFP Program.

There are **two ways to participate** in the Exercise/Fitness Participation process:

- 1) **Fitness:** There are 5 health-related components of fitness: cardiovascular fitness, muscular endurance, muscular strength, flexibility and body composition. These health-related components of fitness are improved by regular exercise. Employees can choose one or more of these components for fitness testing. Testing would be repeated every three months and employees who improve their fitness scores or maintain fitness above the 90<sup>th</sup> percentile for their age and gender qualify for 50 WellPath Points. Contact a WellPath Coach to discuss fitness testing.
- 2) **Exercise:** There are three steps for exercise participation:
  1. **Establish an exercise routine** to improve one or more of the health-related components of fitness:
    - i. Employees report an existing exercise routine to a WellPath coach OR,
    - ii. Employees work with a WellPath coach to develop an exercise routine
  2. **Establish an exercise log and reporting process** with a WellPath Coach:
    - i. Several options are available for logging regular exercise. Your WellPath coach can help you determine the easiest method for you. WellPath coaches are available to you at the worksite, via email, phone and web.
    - ii. Report your exercise regularly to your coach showing that you have:
      1. Exercised greater than 3 times/week (12 times/month),
      2. Exercised at the appropriate exercise intensity
      3. Exercised longer than 20 minutes/session (1-hour/week, 4 hours/month)
  3. **Report your EFP success** for **three consecutive months using your MYWellPath account.** Your WellPath coach will provide simple evidence which you will use to report on MYWellPath. You can access your MYWellPath account from [www.wellpath.info/mywellpath](http://www.wellpath.info/mywellpath).

If you have any questions please visit [www.wellpath.info](http://www.wellpath.info) or contact [WELLNESS@srpmic-nsn.gov](mailto:WELLNESS@srpmic-nsn.gov).