



**Bluefield State College - Bluefield Campus
Faculty and Staff Wellness Program**

Wellness means one thing, and that is good health. The Bluefield State College program is designed to offer employees up to three hours a week during the workday to participate in one or more of the programs listed below. The Wellness Program works as follows. An employee wishing to partake in one of the programs must request approval from his/her supervisor. You must participate on campus and within the wellness guidelines. If approved the employee should return this form to Campus Life.

The Program Begins

Activity: Time: Days: Location:

- | | | | |
|--|-----------------------------|-----|-------------------------------------|
| <input type="checkbox"/> Walking / Jogging | 8:00 a.m.-4:00p.m. | M-F | From Building to Building on Campus |
| <input type="checkbox"/> Fitness Center | During Fitness Center Hours | M-F | P.E. Building |
| <input type="checkbox"/> Swimming | During Pool Hours | M-F | P.E. Building |
| <input type="checkbox"/> Other Activity | <input type="text"/> | | |

I approve of _____ to participate in the above checked program on _____.

Supervisor's Signature Employee's Signature Date