

# WellnessWORKS Program Description

**WellnessWORKS** is the anticipated employee wellness program, initiated by the SHSU Wellness Committee. The program's objective is to encourage faculty and staff to utilize on-campus facilities and resources to achieve and maintain an improved level of personal health, which research shows leads to improved job performance, increased work satisfaction and reduced health care/insurance costs.

SHSU employees will have the option of requesting 30 minutes of release time per day from their supervisors to pursue wellness activities to include utilizing any of the resources at the Recreational Sports Center and for walking/running on campus (must check in and out of the RSC).

In order to participate in **WellnessWORKS** during work hours, employees must obtain permission from their supervisors, using the **Employee Release Time Registration Form**, and return a copy of the form to Laura Dougherty, Chair of the University Wellness Committee. Employees must also check in and out of the HKC any time that release time is to be used for wellness activities.

**WellnessWORKS** is a privilege offered to faculty and staff members, and not a guaranteed benefit. For more information about the program, see the **Employee Release Time Policy**, or contact Sarah Hanel, ext. 4-1843 or [sbh007@shsu.edu](mailto:sbh007@shsu.edu).