

Frequently Asked Questions:

Physical Activity

When will the policy go into effect?

September 1, 2018

Who does the policy apply to?

All Spartanburg County employees

Why is this policy being implemented?

Spartanburg County recognizes that being active for 30 minutes or more on most days of the week can help our employees: lose weight and maintain weight loss; lower their risk of developing serious conditions such as heart disease, cancer, and diabetes; control their blood pressure; and improve productivity.

What is the purpose of the policy?

To create an environment that promotes physical activity among Spartanburg County employees.

What is considered “physical activity”?

Physical activity simply means movement of the body that uses energy and elevates your heart rate above a resting (sitting) state. Approved forms of physical activity during the work day include, but are not limited to, walks on indoor and outdoor walking trails, visiting the onsite fitness facilities, attending an onsite fitness class, walking meetings, taking the stairs instead of the elevator, desk exercises, and regular stretch breaks.

Do I need permission from my supervisor to be physically active during work hours?

Yes. Activities must be scheduled to not interfere with work deadlines and obligations. Employees must provide prior notification to supervisor of participation in activities during the workday and will remain accessible by phone. Employees should discuss flexible work hours for activities not occurring during breaks and lunchtime with their supervisor. Renewal or continuation of approval to participate in physical activities subject to this policy will be annual.

Will Spartanburg County provide any opportunities for employees to be physically active at work?

Spartanburg County will display indoor walking track signage that encourages physical activity for employees. Spartanburg County will distribute and display maps with available walking trails, including measured distances. Weekly fitness classes will be offered at little or no cost to the employee. Spartanburg County will distribute information about programs and events offered through Spartanburg County Parks Department that promote physical activity including adult sports leagues, outdoor recreation programs, and community events. Employees who attend a full working day conference are encouraged to incorporate a 30-minute physical activity break into the meeting.

I want to be more physically active. What resources are available to help me?

Spartanburg County will offer resources and support to assist employees who desire to become more physically active at work. Employees will receive weekly and monthly information about programs available to them. Many of these activities are offered at little or no cost. For more information on physical activity resources, please contact the Wellness Coordinator.