

NNMC's Health Promotion Instruction has now been signed and among other things, it allows for the possibility of excused absences for self-paced exercise and health promotion programs:

Half of all deaths in the US are directly related to unhealthy lifestyle habits. Workplace physical activity programs can reduce short-term sick leave by 6-20% and increase productivity by 2-52%. It is the goal of the Health Promotion Department to provide education and support to those civilians who wish to adopt healthier lifestyles.

Consistent with this goal, civilians shall be authorized time for fitness training during the normal workday not to exceed three hours per week of excused duty time, with the approval of their Department Head. Employees shall be present at their normal duty station at the beginning and end of their normal work shift. This time may be used in conjunction with the employee's half-hour lunch period.

Department Heads may also grant excused absences, without leave, for command-sponsored health promotion activities, including the following classes:"

- Nutrition and weight control
- Stress management
- Back injury prevention
- Tobacco cessation
- Cholesterol reduction
- Hypertension control

See the Intranet home page for class listings, or the Intranet Site Map, under Wellness Services, for class information. To register for a class call 301-295-6649 or email lauren.thomas@med.navy.mil.

The Civilian Health Promotion Instruction 12700.1B can be downloaded from the NNMC Intranet home page under "Directives and Instructions."

Released by Director of Mental Health