

# SACRAMENTO METROPOLITAN AIR QUALITY MANAGEMENT DISTRICT

For Agenda of: January 27, 2005

TO: Board of Directors,  
Sacramento Metropolitan Air Quality  
Management District

FROM: Larry Greene,  
Air Pollution Control Officer

SUBJECT: Health & Wellness Program

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**Recommendation** Staff recommends the Board authorize the APCO to implement a Health & Wellness Program for the District, promoting health conscious decisions.

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**Summary** A Health & Wellness program would encourage District employees to take part in healthy lifestyle activities, potentially resulting in reduced health care costs and absenteeism while increasing morale and productivity. Examples of such activities could include:

- Contracting with a health and wellness consultant to coordinate health-related seminars of interest. Examples might include: heart disease, weight management, stress management, yoga, etc...
  - Pedometer Program would help employees increase their daily fitness activity. It is a wonderful motivator to walk more during the workday. Participants track their daily steps and those who meet their goal will get a choice of incentive prizes (possible prizes-work out attire, socks, thermos, etc.)
  - Encourage in-house lunch & learning sessions, workshops and exercise incentive programs.
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## **Fiscal Impact**

The potential cost is estimated at \$2,000.00 for the current fiscal year. Funds will be allocated from savings already recognized by the District in the professional services account.

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Respectfully submitted,

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Larry Greene  
Air Pollution Control Officer