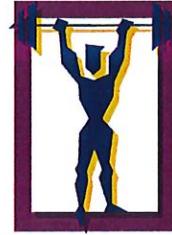


Physical Activity has its Benefits!

Improve your health and you may be eligible for reimbursement up to \$25 per month*



Covered programs improve cardiovascular condition, muscular strength/endurance and flexibility.

Examples of programs include:

- swim programs
- health clubs
- martial arts
- pilates
- gyms
- yoga

You must workout 8 times per month or 24 times in a three-month period.

Track your workouts, get your attendance sheet (included below) initialed by your gym and forward it to Human Resources on a monthly or quarterly basis.

Your taxable fitness reimbursement will be included in your paycheck

If you want to join a program not included as examples, call Diane at 874-8624 to check on approval.

*Benefit available to the employee enrolled in the City of Portland's health plan

Employee Fitness Attendance Sheet — 3 Months

Name/Dept. _____ Emp # _____

Facility Attended _____ Monthly Rate _____

	SUN	MON	TUES	WED	THURS	FRI	SAT
START DATE Month/Date							
END DATE							