



Active Living Policies: Will You Take the Challenge?

This year the Partners for Active Living board instituted an “active living policy.” If staff members exercise four days a week, for a half-hour a day, for 11 of each quarter’s 13 weeks, we earn an extra day off.

Many companies have such policies, and worker productivity surveys show why. An employee fitness study at Canada Life Assurance Company showed that employees participating regularly in a fitness program reduced their absenteeism by 22%, and had lower turnover rates, thereby saving the company \$301 per employee-year (in 1980 dollars). Rates of “presenteeism”—time spent in the office but not productively—decrease as well. Employee morale also rises.

Here in Spartanburg, the JM Smith Corporation has an exercise incentive as part of their wellness policy. In addition to encouraging certain prevention strategies, JM Smith employees can earn money toward gym memberships by, well, using them 12 or more times in a quarter. About 280 of their employees participate in the program.

The Mary Black Foundation also supports active living by offering incentives of time-off for regular exercise. More than half the staff participates, and can earn up to a full week of extra vacation time a year.

The Spartanburg County Administration Building now includes an indoor walking path as well as an in-house nurse’s clinic. And according to the IRS, employers can also offer up to \$25 per month tax free for alternative transportation costs.

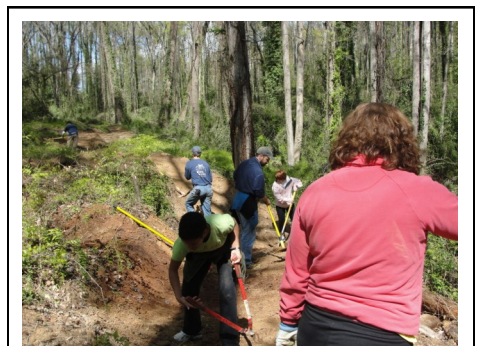
We all know that we need to exercise, but often it takes a push to start, whether it be a challenge by a friend or spouse, a goal event, doctor’s orders, or incentives offered by an employer.

Duncan Park Mountain Bike Trails to Open June 11

Duncan Park offers several amenities to attract users, from tennis courts to playgrounds to ball fields. On June 11 at 10:30 am, the City of Spartanburg will unveil six miles of trails for mountain bike enthusiasts with a ribbon-cutting ceremony. A 5k running race on the Mary Black Foundation Rail Trail, sponsored by the Friends of the Rail Trail, will precede the ribbon-cutting.

The trails create a kind of amusement park for mountain bikes, with whoop-de-dos and pump turns scattered throughout the network. With a proposed starting area at the top of the park, the trails recall ski slopes.

Eric Turner, owner of Bike Worx, spurred the creation of the trails by dedicating some of the funds he won as a Mary Black Foundation Active Living Champion. Turner has also done much of the designing and cutting of the trails.



PAL staff spent an afternoon working on the new Duncan Park trails.

About Partners for Active Living (PAL):

Partners for Active Living seeks to make Spartanburg County a healthy, more livable community by promoting walking, bicycling, and physical activity on a daily basis.



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-Some of our Initiatives-



**Healthy Kids,
Healthy Communities**
Supporting Community Action to
Prevent Childhood Obesity



Want to Get Involved?

Opportunities to get active with PAL and our partners!

Fridays at noon: Lunchtime Bike Ride, Mary Black Foundation

Thursdays in June: Spartanburg Running Club June 5K Series, Duncan Park, 6:30 pm

June 11: Friends of the Rail Trail 5k, 9 am

June 11: Duncan Park Trails Ribbon Cutting, 10:30 am

October 8, 2011: 3rd Annual iRecycle Half-Marathon, 8 am

November 12, 2011: Camp Croft Trail Half-Marathon, 8:30 am

See our website for more details on these and other events: www.active-living.org

In order to continue promoting active living and healthy lifestyles in
Spartanburg County, we need your help.

Please consider joining Partners for Active Living.

You can now donate online by visiting our website: www.active-living.org or
send your tax deductible gift to:

Partners for Active Living
P.O. Box 6728
Spartanburg, SC 29304