

Neosho County Community College Healthy Lifestyle Policy

NCCC encourages all employees to engage in regular physical activity during their workday*

Employees are supported through the following:

1. Active Meeting Policy: Meetings over 30 minutes will include the opportunity for physical activity breaks, which may include two or three minutes of stretching or walking.
2. Exercise Options/Breaks: NCCC provides employees with two 15 minute breaks. Employees are encouraged to use their breaks for physical activity. Additionally, employees have access to the wellness center during 12:00 – 1:00 and they also have use of the gymnasium when available. Additional workout facilities may be added in the future.
3. Workstation modification: NCCC is willing to accommodate an employee request for a standing workstation or sitting on balance balls while working or other types of workstation mobility applications (within reason and budget).

Education and Implementation:

1. NCCC's Physical Activity Policy will be posted on the T Common server which is accessible to all employees. Our Wellness initiative will be highlighted at employee In-Service training in August and January. The policy will be part of all new employee orientation information.
2. Employees interested in engaging in physical activity may seek additional information from Human Resources or the Wellness Committee Coordinator.

Non-Compliance or Abuse of Policy

Employees of NCCC are encouraged to comply with this policy and obtain supervisor approval. Failure to comply or abusing the policy could result in disciplinary action. Compliance does not mean all employees are forced to be active, however, the listed policies are only intended for those who utilize the time to be active. Additionally, supervisors are encouraged to support employees requesting the use of their break time, or workstation modifications.

*If an employee sustains an injury while engaging in physical activity related to above stated policies, it will not be considered for workers compensation.

Added 7/11/2019