



To All Clinton County Employees

The Clinton County Wellness Committee is happy to report that 68 members used the Wellness Center in 2008. Our goal for 2009 is to have **80** members using the facility!

An open house is scheduled for Friday, January 23rd between 11 a.m. and 2 p.m. Potential new members will have the ability to be trained and try out the Wellness Center prior to joining.

The Wellness Center has a variety of machines and equipment for your use: elliptical machine, recumbent bikes, treadmills (three newly purchased), universal gym, free weights, thera bands, and exercise mats. All members must continue to sign-up for a "time" slot to use the equipment. **Please remember that all members are responsible for cleaning any machines they use and for putting away any equipment they use.**

You can also check out the toning class offered on Mondays and Wednesdays from 12:10 p.m. to 12:50 p.m. and the step class offered on Tuesdays and Thursdays from 12:10 p.m. to 12:50 p.m. (The instructor for both classes is Kim Marie Devins of the County's Personnel Department.)

New members must complete the attached Wellness Center Registration Form for 2009. All members are required to pay a \$40 annual fee (2009 Fee Schedule attached) for the use of the Wellness Center. A \$20 additional fee will also allow a member's spouse/significant other to use the Wellness Center during the "free" periods during the day and evening. The money will be used to repair and replace worn machines and equipment.

Payment can be made at the open house or directly to Greg Bell of the Treasurer's Office. If you plan to pay Greg Bell, **new members** must complete the attached registration form and call Greg at 565-4733 or email him in advance to make sure he is available. **For current members**, it is not necessary that you complete a new registration form. You need only make your payment at the open house or to Greg Bell by Friday, January 30th. **If paying by check, please make check payable to: Clinton County Wellness Center.**

A new security code combination to enter the Wellness Center will become effective Monday, February 2nd. All members will be provided the code prior to that date.

It is mandatory that all new members be trained on the machines. If you register at the open house and you are unable to receive your training that day, please contact one of the individuals included on the attached list of Wellness Center Trainers to schedule a date and time for training. All members must be trained prior to using any machines or equipment. If you are unable to keep your scheduled appointment with the trainer, please inform the trainer in advance and reschedule your training.

Thank you for your continued support and we hope to see you at the Wellness Center!

The Clinton County Wellness Committee

New Member
 Registration Paid
Date: _____

WORKSITE WELLNESS PROGRAM
133 Margaret Street, Plattsburgh, NY 12901
Telephone: 565-4840

2009 CLINTON COUNTY
WELLNESS CENTER REGISTRATION FORM

Name of Participant: _____

Sex: Male Female

County Department: _____

Name of Employee: _____

Relationship to Employee: _____

Do you smoke? Yes No

Have you ever been told you have elevated blood cholesterol? Yes No

Do you have any major health problems? Yes No

Do you presently do exercise (such as walking, running, dancing, bicycling, swimming) for 20 continuous minutes or more at least three times per week? Yes No

If you answered YES to any of the above questions, has your doctor recommended exercise?
 Yes No

When was the last time you saw a doctor?

within the past year 1-2 years ago 2-5 years ago more than 5 years ago or never

When was the last time you had your blood pressure checked?

within the past year 1-2 years ago 2-5 years ago more than 5 years ago or never

When was the last time you had your cholesterol checked?

within the past year 1-2 years ago 2-5 years ago more than 5 years ago or never

WELLNESS CENTER INJURY RELEASE FORM

I understand that, although regular exercise can provide many benefits, there is the possibility of personal injury. Individuals can reduce their risk of being injured by taking adequate precautions before beginning an exercise program.

Most people do not need to consult a physician before beginning a low-level, gradually progressive exercise program. However, I understand that I should get a doctor's advice before starting to do exercise if I:

- **am a smoker**
- **have heart disease**
- **have high blood pressure**
- **am over age 40**
- **have other major medical problems.**

I, _____, take full responsibility for my own health and
(please print name of participant)

safety and release the Clinton County Worksite Wellness Program and all parties associated with this organization, from any personal injury or responsibility now, or in the future, that may arise as a result of participating in this program.

I have read the above and understand that I may not participate in the Worksite Wellness Program without signing this release.

Signature of Participant

Date

Signature of Employee

Date

Trained by: _____

WELLNESS CENTER MEMBERSHIP FEE SCHEDULE - 2009

County Employee

12 Months (January – December)	\$40
6 Months (July – December)	\$20

County Employee's Spouse:

There is a \$20 additional cost for a Spouse if the County Employee is a paid member.

If the County Employee is not a paid member, the membership fee for the Spouse is the same as the County Employee.

Spouses may only use the Wellness Center during off-peak hours, Monday through Friday, 7:30 a.m. to 11 a.m. and 2 p.m. to 9 p.m.

County Retiree

12 Months (January – December)	\$40
6 Months (July – December)	\$20

County Retiree's Spouse:

There is a \$20 additional cost for a Spouse if the County Retiree is a paid member.

If the County Retiree is not a paid member, the membership fee for the Spouse is the same as the County Retiree.

County Retirees and Spouses may only use the Wellness Center during off-peak hours, Monday through Friday, 7:30 a.m. to 11 a.m. and 2 p.m. to 9 p.m.

County or State Temporary Employee

Temporary Appointment for up to 6 Months	\$20
Extension of Appointment up to an Additional 6 Months (with verification of extension to appointment)	\$20

State Employee

12 Months (January – December)	\$40
6 Months (July – December)	\$20

State Employee's Spouse:

There is a \$20 additional cost for a Spouse if the State Employee is a paid member.

If the State Employee is not a paid member, the membership fee for the Spouse is the same as the State Employee.

Spouses may only use the Wellness Center during off-peak hours, Monday through Friday, 7:30 a.m. to 11 a.m. and 2 p.m. to 9 p.m.

WELLNESS CENTER TRAINERS - 2009

Department	Name	Extension
Health Department	Laurie Williams	4510
Personnel	Cindy Benware	4556
Personnel	Christina Desrocher	4549
Treasurer's Office	Greg Bell	4730