



County of Monterey

Board of Supervisors
Chambers
168 W. Alisal St., 1st Floor
Salinas, CA 93901

Board Report

File #: 15-1230, **Version:** 1

Support the request to:

Approve and authorize the Employee Wellness Program staff to execute a fitness program at 1441 Schilling Place, Salinas for use by all Monterey County employees, effective June 2017.

RECOMMENDATION:

It is recommended that the Board of Supervisor's Capital Improvement Committee support the request to: Approve and authorize the Employee Wellness Program staff to execute a fitness program at 1441 Schilling Place, Salinas for use by all Monterey County employees, effective June 2017.

SUMMARY/DISCUSSION:

The Employee Wellness Program, known as the Health Promotion Partnership, requests support and approval to develop and oversee the re-use of the fitness facility at 1441 Schilling Place, Salinas, California, for use by all Monterey County employees. The development of a fitness program at Schilling Place supports the Health Promotion Partnership's goal of equipping Monterey County employees with the resources necessary to adopt and maintain healthy lifestyle behaviors. An onsite fitness program will increase the Employee Wellness Program's capacity to deliver wellness services by providing a convenient, suitable space for employees to be physically active.

The wellness programming hosted at Schilling Place will be phased in over time. Initially, the fitness facility will host programs already in place through the Health Promotion Partnership. These programs include group fitness classes scheduled by Employee Wellness staff. As interest develops, the program anticipates that groups of employees will organize self-instructed workouts over the lunch hour. As the program evolves, weight and cardio machines may be purchased and maintained. The expansion of programming and resources will be dependent on funding, employee demand, and utilization.

OTHER AGENCY INVOLVEMENT:

The Department of Public Works will oversee all Schilling Place Tenant Improvements. The 1,292 square feet will undergo minor changes, including new paint, signs and American with Disabilities Act (ADA) improvements to the bathroom and locker rooms, as in accordance with the County's ADA transition plan.

County facility management staff will be responsible for day-to-day maintenance of the facility, including cleaning the facility and exercise equipment, making necessary repairs, servicing climate control such as the cooling system, and opening and closing the facility.

FINANCING:

The Tenant Improvements are included in the overall Schilling Place Project Scope and Budget. The expansion of the Employee Wellness group exercise programs to Schilling Place will be included in the Health Department's Fiscal Year 2016-17 Budget Request. The cost for audio-video equipment and storage shelves needed for self-instructed workouts may exceed the program's budget and would require approval prior to purchase.

Submitted by: Dr. Ed Moreno, Health Officer, 4585

Approved by: Ray Bullick, Director of Health, 4526

Attachment:

Schilling Fitness Program Proposal

Schilling Floorplan