



Northern School District Trust (N.S.D.T.)

Announces: *Beginning 11/1/08* *Fitness Incentive Program*

Obesity and related chronic illnesses significantly affect worker productivity and health care costs. A healthier workforce is a more productive workforce.

Adults exercising three or more times per week are healthier, and enjoy a better quality of life and go to the doctor less often.

Benefits of regular physical activity:

- Exercise improves your mood
- Exercise combats chronic diseases
- Exercise helps manage your weight
- Exercise strengthens your heart & lungs
- Exercise promotes better sleep



1. Join a health club and ask them to track your attendance on a monthly basis. (Attendance form attached)
2. Go to the club at least 12 days a month. (Only one workout per day counts.)
3. Submit your monthly attendance sheets signed by a representative of the health club to: Jean Wahlquist, N.S.D.T., 618 Beaser Av, Ashland, WI 54806.
4. You will receive a reimbursement check for \$ 20* for each month your attendance was 12 or more days.

Reimbursements will be paid quarterly beginning in Jan.'09
(Checks issued between 20th-31st of the month following the end of the quarter)

* Maximum reimbursement is \$40 per household per month.



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You may photocopy this form for future months

Fitness Incentive Attendance Record

Name: _____ **District:** _____

Address: _____

Health Club: _____ **Month:** _____

Date				
(Check off dates attended)				
1		16		
2		17		
3		18		
4		19		
5		20		
6		21		
7		22		
8		23		
9		24		
10		25		
11		26		
12		27		
13		28		
14		29		
15		30		
		31		

Signature of Participant: _____

Signature of Health Club Rep: _____