

Fitness Room – Division of Industrial Compliance (Tussing Road)



The Division of Industrial Compliance developed a Fitness Room for their second quarter wellness event. The committee worked diligently to put a nice location together so that employees would have a place to exercise inside the building especially during the fall and winter months.

The committee sent out requests to employees for exercise equipment that they may not be using and the response was very positive. Employees donated exercise tapes/dvds, abs cruncher and lounge, a trampoline, weights, treadmills, rowing machines, stationary bike, punching bag, exercise balls/bands, exer-cycle, steppers, and the list goes on. There are also rooms (with locks) that have been designated for changing. These rooms can be used for workouts as well. The fitness room is available to employees to use during their mid-morning and/or afternoon breaks as well as during their lunch breaks. A clock was added to the room to help employees keep track of their minutes in the room which they record on a weekly sign in sheet. Each employee is also required to complete a BWC Waiver for Recreational and Fitness Activities Form which is kept on file. There are approximately 50 employees who utilize the fitness room on a regular basis.