

Request for Approval of Fitness Facility Eligibility for Fitness Reimbursement

Facility Name: _____

Facility Address: _____

Facility Phone: _____

Facility Web Address: _____

To be an eligible facility for a Fitness Reimbursement, the facility must offer **BOTH UNLIMITED** aerobic and anaerobic exercise.

Definition of **AEROBIC** Exercise: Sustained exercise to stimulate and strengthen the heart and lungs thereby improving the body's utilization of oxygen. Examples: Walking, jogging, rowing, swimming, biking.

Definition of **ANAEROBIC** Exercise: Short duration exercise that is powered primarily by metabolic pathways that do not use oxygen. Such pathways produce lactic acid, resulting in metabolic acidosis. Examples: Weight lifting and sprinting.

AEROBIC

The facility has the following: (check all that apply)

- Ellipticals
- Treadmills
- Stair-steppers
- Arc Trainers
- Bikes
- Cardio Classes
- Racquetball Courts
- Basketball Courts
- Swimming Pool
- Boxing
- Yoga/Pilates
- Other: _____

ANAEROBIC

The facility has the following: (check all that apply)

- Free Weights
- Assisted Weights
- Kettle Bells
- Bands
- Box Jumps
- Ropes
- Swimming Pool
- Other: _____

Requesting Employee Name: _____

Department: _____

Phone/Email: _____

Office use only:

APPROVED/DENIED (Circle one)

Date: _____

Signature: _____