

AGN. NO. _____

MOTION BY SUPERVISOR JANICE HAHN

March 12, 2019

Wellness Month and Countywide Fitness Challenge

The Department of Human Resources (DHR) is launching their 10th Annual Countywide Fitness Challenge. This campaign has encouraged thousands of County employees and their families to improve their health and try new physical activities at local parks and beaches around the County. This campaign strongly promotes healthy habits like good nutrition and daily exercise while educating employees and their families about avoiding lifestyle choices that can trigger chronic diseases such as diabetes or heart disease. On select weekends from April to November, DHR will provide fun outdoor fitness activities such as hiking, kayaking, boogie boarding, and dancing at free of charge to County employees and their families.

Due to the participation of the County’s health plans: Anthem Blue Cross, Cigna, Kaiser Permanente, UnitedHealthcare and local organizations like the American Cancer Society and the American Heart Association participants will also have access to free health screenings and flu vaccinations during these events. Another great feature of the

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program is the Interagency Greatest Loser Contest. This weight loss competition is an annual tradition between the County of San Bernardino, the Metropolitan Transportation Authority and teams from 36 County departments.

I, THEREFORE MOVE that the Board of Supervisors:

1. Proclaim April 2019 as “Employee Health and Fitness Month” in the County of Los Angeles and launch the “2019 Countywide Fitness Challenge” campaign for all County employees and encourage Department Heads and wellness managers to support and market the campaign;
2. Authorize the Director of Personnel to incur incidental expenses above her delegated authority to pay for refreshments and promotional items for one or more of the eight weekend Countywide Fitness Challenge events, at a cost not to exceed \$500;
3. Encourage all County employees to support and attend the Kick-off event at Grand Park located at 200 North Grand Avenue in Los Angeles, to be held Tuesday, April 2, 2019, from 11:00 a.m. to 2:00 p.m. and the first-weekend activity kick-off at Whittier Narrows Recreation Area, located at 750 South Santa Anita Avenue in South El Monte, to be held Saturday, April 13, 2019, from 8:00 a.m. to 12:00 p.m.;
4. Waive the following fees, excluding the cost of liability insurance:
 - a. The \$4,000 in parking fees for 200 cars at the Music Center Garage for the participants of the Grand Park Kick-off event on Tuesday, April 2, 2019;

- b. The \$250 facilities and \$4,800 in parking fees for 800 cars at Whittier Narrows Recreation Area on Saturday, April 13, 2019;
- c. The \$506 facilities fee and \$2,400 in parking fees for 400 cars at Kenneth Hahn State Recreation Area on Saturday, May 18, 2019;
- d. The \$1,000 facilities fee and \$8,800 in parking fees for 800 cars at Castaic Lake Recreation Area on Saturday, June 15, 2019;
- e. The \$260 facilities fee, the \$123.70 parking contractor fee, and \$7,800 in parking fees for 600 cars at Dockweiler Youth Center on Saturday, August 24, 2019;
- f. The \$386 facilities fee at Alondra Community Regional Park on Saturday, October 19, 2019; and
- g. The \$1,715 facilities fee and \$8,000 in parking fees for 800 cars at Santa Fe Dam Recreation Area on Saturday, November 2, 2019.

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