

Fit for Success

For Full-Time MCS Employees and Their Benefit Eligible Family Members

Fit for Success is a program offered through the partnership of Murfreesboro City Schools and Murfreesboro Parks and Recreation. The goal is to provide MCS staff with the tools to obtain and maintain a healthier lifestyle.

Through Fit for Success you will have access to Sports*Com and Patterson Community Center facilities to utilize the following:

- Tracks
- Cardio machines
- Weight room/equipment
- Group exercise classes
- Basketball/racquetball
- Swimming pools

**This partnership is considered a taxable benefit to all FT MCS employees. You will be taxed on this benefit based off your IRS tax filing*

FAQ:

1) *Is there a payment for this benefit?*

Yes, you must pay the taxes on this membership. It is a **one-time** fee for the year taken out of your paycheck.

2) *What is the payment amount?*

The payment is different for everyone. The amount is based off your tax withholdings. It is usually not over \$40 for the one-time payment.

3) *Can my family use this benefit as well?*

As of 1-09-2020, benefit eligible family members may sign on with the MCS employee.

4) *Is childcare included?*

Childcare is not included.

5) *Can just my family members sign up if I do not want to?*

No, the employee must sign up and family is listed as dependents.

6) *Can I sign up outside of the two enrollment periods?*

Employees cannot enroll outside of the January and August enrollment periods.



To Register: (Aug & Jan ONLY)

- Obtain a registration form online, from registration email, or from Coordinated School Health
- Complete form and submit to Coordinated School Health
- Once form is submitted you will receive a confirmation form. Take the confirmation form to Sports*Com to obtain an ID card that will allow you access to either facility.

Once you're signed up remember:

- Each time you exercise you must swipe your card with the front desk personnel upon arrival and departure
- All activities must be completed during non-working hours at Patterson Community Center of Sports*Com
- Set up an appointment for a weight room orientation to familiarize yourself with the facility.

OPEN ENROLLMENT AUGUST AND JANUARY

The decision to participate in the City of Murfreesboro Worksite Wellness Program lies solely with the employee. It is a voluntary decision and is not a requirement or condition of employment. The city will in no way be responsible for an adverse effect, accident or reaction experienced as a result of such participation. All information gathered during testing and part of the health survey process will be used



For more information or to register visit:
www.cityschools.net/departments/csh

Or contact Autumn DePriest, CSH Wellness Coordinator, at:
Autumn.DePriest@cityschools.net