



UNITED STATES OFFICE OF PERSONNEL MANAGEMENT  
Washington, DC 20415

The Director

October 19, 2009

**MEMORANDUM FOR HEADS OF EXECUTIVE DEPARTMENTS AND AGENCIES**

**FROM:** JOHN BERRY  
DIRECTOR

**Subject:** FedsGetFit Walk and Expo

A handwritten signature in blue ink, appearing to read "John Berry", written over the printed name and title.

On October 17, 2009, the U.S. Office of Personnel Management (OPM) issued a memorandum announcing the FedsGetFit Health and Wellness Awareness Campaign. The FedGetFit Fitness Walk and Expo will be held on the National Mall on Tuesday, October 27, 2009. OPM strongly encourages your agency to demonstrate its support of this event and to grant up to 2 hours of excused absence for your employees to participate in these activities

OPM also requests that your agency Chief Human Capital Officer (CHCO) participate in the Walk and Expo. This event will allow our Government's human resources leaders to meet and interact with department and agency leadership, Members of Congress, and players from the National Football League Players Association, all of whom have been invited and will show their support for this important event. The 1-mile walk will begin at 11:30 a.m. and continue afterwards with an Expo that promotes agency wellness programs. The personal commitment and involvement of the CHCOs will jump-start our efforts to promote wellness awareness.

Federal employees should be encouraged to maintain a healthy lifestyle and use the available work schedule and leave flexibilities to participate in health and wellness activities. Supervisors and managers should make full use of these flexibilities to support Federal employees striving for a healthy lifestyle. Agencies should review the extent to which alternative work schedules may be authorized and utilized, as well as the policies and practices for granting employees annual leave, sick leave (e.g., for preventive screenings), leave without pay, credit hours under flexible work schedules, compensatory time off, to participate in health and wellness activities.

**Additional Information**

For additional guidance, agency Chief Human Capital Officers and Human Resources Directors may contact their assigned OPM Human Capital Officers. Employees should contact their agency human resources offices for assistance.

cc: Chief Human Capital Officers  
Human Resources Directors