

# Employee Wellness Program

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**Responsible University Office:**

Human Resources

**Responsible University Administrator:**

Coordinator for the Center for Professional Development

The Employee Wellness Program is designed to enhance the holistic well-being of our faculty and staff and to reduce lifestyle-related issues that affect health and work productivity. This voluntary program provides health education, university-sponsored physical fitness activities, services and support to encourage our employees to live healthy and sustainable lifestyles. See the [Employee Wellness](#) website for more information about wellness program offerings. Wellness Release Time (WRT) is a university-sponsored program designed to offer full-time employees 30 minutes three times per week of paid time off during the workweek to participate in exercise and fitness activities. See the [Wellness Release Time FAQs](#) page or contact [wellness@tamuc.edu](mailto:wellness@tamuc.edu) for more information about the program and for the WRT application form. Because faculty members already have flexible schedules, they may see little benefit to signing up for WRT. However, research demonstrates that committing to exercise on a specific day and time via a handwritten document such as the WRT application form increases participation in regular exercise.