

OFFICE OF THE PRESIDENT ---

MICHAEL K. YOUNG

PRESIDENT

May 17, 2016

Dear Colleagues:

I am sure you all share with me a recognition of just how important employee wellness and well-being are in accomplishing the mission of our great university. To that end, we have been working collaboratively with Human Resources in an effort to create a more holistic wellness and engagement culture at Texas A&M.

Over the coming weeks, Human Resources will begin the implementation of a number of wellness initiatives for faculty and staff. The first of these initiatives, *Wellness Release Time*, is ready for immediate implementation across the campus community. As authorized by System Regulation [31.02.13 Wellness Programs](#) and Wellness Programs [SAP 31.02.13.M0.01](#), *Wellness Release Time* will provide our full-time, benefits eligible employees the opportunity to use 30 minutes during their regular work hours to exercise or participate in fitness activities up to 3 times per week.

A campus-wide communication officially announcing *Wellness Release Time* is forthcoming. This communication will provide additional information including a participation form as well as contact information for Human Resources personnel who will be available to assist your supervisors with implementation in your units.

My hope is that you will join me in endorsing the use of *Wellness Release Time* and encourage participation in future wellness opportunities. I am confident that our efforts toward employee wellness will not only lead to healthier lifestyles for our Aggie Family, but will also lead to improved productivity and morale and a reduction in turnover and absenteeism. Thank you for joining in this effort to show our employees how much they matter to us.

Mike