



Fitness Reimbursement Program

The City of North Little Rock encourages employees to pursue life-long fitness. We already offer a 50% discount off memberships to City-owned facilities (NLRCC Fitness Center, Hays Center). However, many employees live out of town and attend fitness centers where they live, so that they can go to the gym on nights and weekends, often with their spouses or family. Several employees have requested that the Employee Wellness Program support their fitness efforts wherever they choose to go.

Program Details and Requirements

- Employees and spouses **on the City's health insurance plan** can get reimbursed up to \$10/month for a fitness/wellness membership or fee.
- Employees must show Fit 2 Live a log that they attended at least 5 times per month.
- Trainer/wellness provider must have relevant professional certifications and business licenses.
- Fit 2 Live will issue reimbursement checks semi-annually, only for the number of months that the minimum attendance was met and documented.
- Gym check-in must be email by the third day of following month to lshelby@nlr.ar.gov

Examples of Eligible Expenses

- Gym membership
- Fitness/yoga/dance classes
- Personal trainer
- Nutrition counseling*
- Tobacco/nicotine cessation counseling*
- Weight management program (such as Weight Watchers)*

**minimum monthly attendance for these programs would be adjusted to an agreed-upon number appropriate to the program.*

To sign up, contact:

LaKaisha Shelby, Fit 2 Live Director, 501-442-7406, lshelby@nlr.ar.gov