

**PROSPECTUS - ALTERATION
WELLNESS AND FITNESS PROGRAM
VARIOUS BUILDINGS**

Prospectus Number: PHW-2012

Program Summary

The General Services Administration (GSA) proposes to continue alterations to upgrade, replace, and improve space within Government-owned buildings in support of employee wellness during Fiscal Year 2012. These improvements will enhance our customer's experience by offering model wellness facilities in Government-owned space. Improvements will vary in size, location, and delivery method. Typical projects include the following:

- Fitness center upgrades to include design and construction for layouts conducive to wellness focus, and expansion needed to accommodate increased use.
- Cafeteria and snack bar upgrades and alterations to include new equipment, changes in layout to allow for changes in menu and food preparation, and product placement opportunities.
- Health unit upgrades and alterations required for expansion of services and support.
- Lactation room build-outs.
- Bicycle commuting amenities including bike share programs, sheltered bicycle racks, showers and locker facilities.

Justification

In 2009, President Obama requested that the Office of Personnel Management (OPM), Office of Management and Budget (OMB), National Economic Council (NEC), and the Department of Health and Human Services (HHS) explore the development of programs for the Federal workforce that would improve employee health and reduce health care costs. GSA has been working to develop a model for the Federal wellness campus concept in designated locations around the country. GSA's responsibility for this campus effort is to develop a prototype that showcases a building amenities program in support of government-wide efforts to improve employee health and fitness. These efforts encompass employee programs such as education and assistance, along with building amenities such as fitness centers, cafeterias, and health unit programs.

Wellness program initiatives have expanded with the implementation of Executive Order (EO) 13514, Federal Leadership in Environmental, Energy and Economic Performance, which establishes a government-wide policy promoting a clean energy economy. EO 13514 challenges federal agencies to set ambitious yet achievable goals to reduce greenhouse gas emissions. One way agencies can work toward reducing emissions is to encourage alternative commuting, like bicycle transportation. Upgrading cafeterias to promote more energy efficient operations will also assist our customer agencies' ability in meeting the requirements of the EO.

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The General Services Administration (GSA) is currently working to upgrade Government-owned facilities to meet these new requirements. GSA facilities support over one million Federal employees nationwide and are the location for wellness programs across the country. These facilities house fitness centers, food service programs, health units, and child care centers, thus helping support Federal employees to balance their lives. GSA plays a key role in the success of wellness programs.

This request will provide upgrades to a number of GSA Federal buildings to accommodate wellness improvements.

Authorization Requested.....\$7,000,000


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Certification of Need

It has been determined that the practical solution to achieving the identified wellness goals is to proceed with the wellness program work described above.

Submitted at Washington, DC, on March 9, 2011

Recommended: 
Commissioner, Public Buildings Service

Approved: 
Administrator, General Services Administration