

**UNIVERSITY OF HOUSTON SYSTEM
ADMINISTRATIVE MEMORANDUM**

SECTION: Human Resources

NUMBER: 02.E.08

AREA: Miscellaneous Benefits

SUBJECT: Employee Health Fitness and Education

1. PURPOSE

The State Employees Health Fitness and Education Act ([Texas Government Code 664.001 et seq.](#)) of 1983 was enacted to encourage health fitness in state administrators and employees.

2. POLICY

2.1. The University of Houston System encourages universities to make funds and facilities available for health fitness programs for all employees.

2.2. In accordance with [Texas Government Code 664.004](#), a university may use available public funds for:

2.2.1. Health fitness education and activities; or

2.2.2. Other costs related to health fitness.

In addition, a university may use available facilities for health fitness programs.

3. REVIEW AND RESPONSIBILITY

Responsible Party: Associate Vice Chancellor, Human Resources

Review: Every five years

