

Saline County, NE
Employee Fitness Center
Primary Business Address:
215 S. Court
Wilber, NE

Fitness Center Location:
Located in the old Jailhouse across from
the Saline County Courthouse

Contact Phone: 402-821-2588
Fax: 402-821-3319
E-mail: salinewellness@gmail.com



Saline County/ Fitness Center Information

Saline County, NE
Employee Fitness Center
"County Pride—Known Nationwide!"



Fitness Center Information

The Saline County Fitness Center was established in January 2009 in an effort of the Saline County Safety Committee to help provide an affordable opportunity for county employees and their families to stay fit, stay active and stay healthy.

Fitness Equipment available include the following:

- 2 Treadmills
- Recumbent Bike
- Elliptical Machine
- 2 Elliptical Cross trainers
- NuStep
- Life Core Row Machine
- Multi-Gym System
- Hand Weights
- Ab Lounger (upstairs)
- TV's & DVD Player
- Restroom (upstairs)

**OPEN 24 Hours a Day,
7 Days a Week**

FREE to all Saline County Employees and their immediate family members.

Please drop by the Assessor's office to pick up your waiver form and begin using the facility today!



The Value of Exercise

- 1) Exercise controls weight
- 2) Exercise health conditions and diseases
- 3) Exercise improves mood
- 4) Exercise boosts energy
- 5) Exercise promotes better sleep habits
- 6) Exercise puts the spark back into your life
- 7) Exercise can be fun

The bottom line on exercise

Exercise and physical activity are a great way to feel better, gain health benefits and have fun. As a general goal, aim for at least 30 minutes of physical activity every day. If you want to lose weight or meet specific fitness goals, you may need to exercise more. Remember to check with your doctor before starting a new exercise program, especially if you have any health concerns.

SALINE COUNTY FITNESS CENTER RULES

The Facility will be open 24 hours a day, seven days per week.

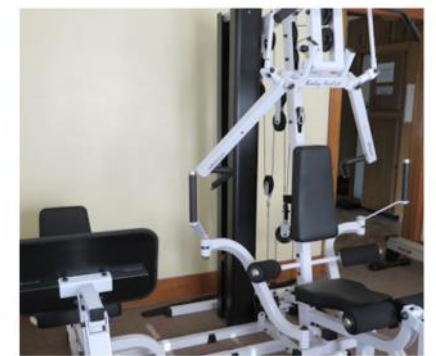
- 1) All persons using this Facility must have signed a Waiver/Release of Liability & Indemnity Agreement with Saline County. (This form can be found available on the Saline County website—Wellness Committee, or by visiting the Assessor's Office at the Courthouse.)
- 2) You must sign in/out of the Facility.
- 3) The Facility is available ONLY to Saline County Employees and their current household members. Children under 19 years of age must be accompanied and directly supervised by the employee-parent or guardian. Each family member MUST sign the Waiver form.
- 4) NO ALCOHOL, TOBACCO or ILLEGAL SUBSTANCES are allowed at this Facility.
- 5) Consideration must be given to the use of each machine to allow a reasonable amount of time for others.
- 6) The last person to leave the Facility MUST turn off all equipment, turn out the lights, and lock the door.
- 7) All unsafe conditions or concerns needing attention should be reported to any member of the Wellness Committee as soon as possible.

NOTE: The combination to the electronic lock on this Facility will be changed on July 1st of each year.

EXERCISE IS... FUN-DA-MENTAL

Want to feel better, have more energy and perhaps even live longer? Look no further than exercise. The health benefits of regular exercise and physical activity are hard to ignore. And the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability.

Good luck & have FUN! It's worth the effort.



"If your dog is fat, you're probably not getting enough exercise!"