

Exercise Benefit Thornapple Valley Church

At TVC we believe that exercise will help grow and strengthen you. That is why we are willing to pay each of you to exercise each week. Here is how this works.

For every 10 hours you are paid in a week we will pay you to exercise for 15 minutes. That means all FTE will be paid 1 hour a week to exercise. Our hope is that you will exercise more than that but this is hopefully some motivation.

Exercise Chart

<u>HOURS</u>	<u>PAID EXERCISE TIME</u>
10	15 minutes
20	30 minutes
30	45 minutes
40	1 hour