

Trade time for fitness non-reimbursable expenses

The trade time for fitness program is designed to **promote and increase physical activity** in employees and members of their household. Only expenses incurred from participating in exercises/sports that increase physical activity or expenses for physical activity opportunities and items on the exception list will be reimbursed. In general, the following expenses are not eligible:

Non-reimbursable expenses

- Day care or fun club, camping or clubs of a primarily social nature (country club, bowling, skiing) or not primarily designed for promoting and increasing physical activity.
- Fishing or recreational equipment (e.g. tents, coolers, fishing poles/equipment, packs/bags), tracing books or manuals
- Clothing items (running shoes, hiking boots, jackets, yoga pants, jerseys, uniforms, swimsuits)
- Tips provided for services (e.g. massage)
- Fees for park permits, tanning, ski lifts or golf cart rentals
- Weapons – even if used in conjunction with a sanctioned sport (paint ball guns and equipment, air rifles, hunting guns, archery)
- Medical expenses (e.g. lab tests, prescriptions, co-pays, medical equipment)
- Medical supplies (stethoscope, blood pressure cuffs)
- Acupuncture/chiropractic adjustments
- Personal safety items – except those listed on exception list
- Ergonomic items (chairs, sit-to-stand desks, keyboards, mice, standing mat)
- Food and supplements, even if purchased in conjunction with a weight loss program
- Body weight/composition scales
- Building equipment for home gyms (foam tiles, construction material, activity mirrors, equipment mats, body trimmers, shelving/storage for equipment)
- Miscellaneous health club fees (parking, towel services)
- Smoking cessation services/supplies (nicotine gum or patches)
- Motorized equipment/watercraft (scooters, boats)
- Medically prescribed massage
- Items needed to transport sporting goods that can be repurposed (i.e. duffle bag, gym bag)
- Water bottles/water hydration packs
- Jogging strollers
- Headphones
- Personal care/health items (toothbrush, floss, toothpaste, medicine)
- Stress management classes/programs/retreats
- Health coaching or nutrition counseling
- Sleep trackers
- Physical activity items that can be re-purposed (basketball shoes, gym bag, swimming platforms)

This is not an all-inclusive list. Fitness services and items unfamiliar or not commonly requested will be reviewed by trade time for program administrators.