

# AGWM Fitness Policy

AGWM wants its personnel to be the fittest they can be in the context of their living conditions. Studies indicate that exercise helps people prevent many chronic diseases and achieve/maintain a healthy weight, enabling missionaries to best fulfill responsibilities and counteract the effects of stress and busyness.

Missionaries may receive up to \$2,500 per term as a fitness allowance, per unit, taxable, ADP, for the purchase of health and fitness-related items, including gym and health club memberships, equipment, and diet plans and programs. Expenditures that take the missionary beyond \$2,500 in a given term required RD/IMD approval.