

CORRECTIONAL MANAGED HEALTH CARE POLICY MANUAL	Effective Date: 5/20/2016	NUMBER: F-48.1 Page 1 of 1
	Replaces: 04/07	
	Formulated: 7/85 Reviewed: 04/2022	
EXERCISE PROGRAM		

PURPOSE To identify an exercise program provided to inmates at each facility.

POLICY Each facility provides inmates with opportunities and equipment for physical exercise. Inmates are offered out of cell exercise involving large-muscle activity a minimum of one hour a day, three days a week. This applies to inmates in all custody classes unless their out of cell recreation privileges are restricted due to disciplinary problems (see Administrative Segregation Plan, Section III, C, 1.). Inmates who are required to stay in their cells for whatever reason can request a copy of the in-cell exercise program from the facility recreation department (see AD 07.33, Section III, C.). Inmates who are transient or in lockdown may be exempted for no longer than a week.

Reference: Administrative Directive AD 07.33, Organization, Administration and Responsibilities of the TDCJ Inmate Recreation Program
Administrative Segregation Plan
ACA Performance Standard & Expected Practice 5-6C-4407