

Hi All:

I wanted to forward you the email below from one of our “worksite” grantees. As you can see, they have done an amazing amount of work with our grant dollars – very impressive!

Thanks, Tori

From: Susan Sweigert
Sent: Tuesday, March 06, 2012 11:18 AM
To: Sinclair, Tori
Subject: WorkPlace Media Grant Update

Tori, I wanted to update you since our last email in November.

Our Policy change was to provide nutritious food choices in our on-site vending machines. As you know we are continuing to work with our vendor and we are providing snacks that are 200 or less calories and less than 30% fat calories as well. The employees have jumped on board and support the change now.

One of our environmental changes was to bring an onsite fitness class to our workplace. We are still working with Tracy Capasso of Hard Core Cardio twice a month. And we have a number of employees also participating in the FREE drop in classes that she offered to us while we are under contract with her. We also had another employee here start a small workout group early in the morning because that time frame worked better for her. They actually work out to videos. So I think this environmental change has affected our employees in a huge way – we have more employees actually getting exercise at our workplace quite often now.

Our second environmental change was to educate our employees on health and nutrition. We held a Lunch N Learn through our COSE rep and she came in and talked about “How to get the most out of your workout”. Our next lunch n learn topic will be scheduled for later this month or early April.

We continue to utilize Blue Sky Green Fields delivery, we still have a core group of employees who walk twice a day as well and we are currently doing another Biggest Loser contest that will wrap up April 16th. The winner will receive \$100.00 cash and an apple ipod nano. To date we have lost over 60 pounds as a team since January 16th.

And the last thing that we have been doing is participating in the Corporate Challenge. This has been so much fun and our team is completely dedicated to accomplishing the events and steps each month. We are actually one of the 5 teams who earned the maximum points in January. We should have the maximum points for February as well as everyone completed their events and steps as required. We have been having a great time with this and we hope to participate every year. This has actually prompted some of the employees to purchase YMCA passes for

themselves and their families and they are now dedicating time to exercise – I think this is fantastic!

So we are very excited and motivated more than ever to be healthy. Being healthy really seems to be something that more of our employees are actually striving for. We talk about it, we have fun with it, and most of all people are taking action in some form now.

Thanks!

Susan Sweigert
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