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For more information:
Jen Novotny
jnovotny@blmpr.com
(414) 270-3000 x 232

GRUNAU COMPANY SET TO NAME 'BIGGEST LOSERS'

OAK CREEK, Wis. (April 11, 2005) — Grunau Company employees want to be big losers—big weight losers that is. Grunau's Healthy Living Committee organized the "Biggest Losers Weight Loss Challenge," a new initiative to promote healthy lifestyles and employee involvement.

The participants have already lost more than 230 pounds collectively.

On January 17, four teams of Grunau employees, a total of 27 people, volunteered to start losing weight. The teams are comprised of employees from different functional areas and with varying levels of responsibility and seniority, which has built camaraderie throughout the company. Each team's hope is to be the team to drop the largest percentage of weight in three months and be named Grunau's "2005 Biggest Losers." The team names are "Weight and See," "The Fat Pack," "Been There, Done Fat," and "Six Pack." A final weigh-in is scheduled for April 18.

The contestants hold weigh-ins at the company every four weeks. To lose weight, many participants increased the amount of time they spend exercising, while others are changing their diet. Some are avoiding second helpings at meals, drinking more water, eating more fruits and vegetables for snacks instead of chips, and watching portion sizes. Sandy Rapant, receptionist, said, "I actually look forward to eating fruits and vegetables now."

Don Mateicka Jr., tool and equipment manager, is amazed by his weight loss. He lost 10 pounds by avoiding his daily doughnut habit. "I was surprised by how much junk food I really ate. Now I'm going to eat fruit instead of junk food," he said.

The competition has been sprinkled with hijinks as participants are allowed to tempt other teams with not-so-healthy treats. Christine Owens, executive assistant, said she has received multiple Snickers bars in her mailbox from other teams. Owens hasn't given in to temptation though, sending the candy bars back to the offending party each time.

All contestants will receive T-shirts proclaiming them "2005 Biggest Losers." The winning team will be announced during a lunch ceremony and will receive a cash prize.

(more)



Grunau's Healthy Living Committee formed two years ago and has organized several activities to promote health and wellness. In September 2004, Grunau employees participated in "Light the Night Walk," benefiting the fight against leukemia and lymphoma. In April, they will be raising money and participating in a multiple sclerosis walk. Grunau also started a "10,000 Steps a Day program," which encourages people to track the numbers of steps they walk a day with the goal of reaching 10,000, and holds brown bag lunch seminars to learn more about health issues such as diabetes and cardiovascular risk factors. Employees' spouses or significant others are invited to participate in the seminars.

Grunau hopes that its focus on health and well-being will benefit employees and the company.

"We want our employees and their families to learn from these programs and understand the benefits of a healthy lifestyle," said Paul Grunau, company president and CEO. "The company will benefit from employees' improved health through increased productivity and efficiency. Hopefully, in the future, we all will benefit from reduced medical insurance premiums."

The contest is similar to NBC's reality television show, "The Biggest Loser," where 12 contestants lost weight to win \$250,000.

Grunau Company's team of skilled professionals designs, installs and services mechanical systems, including HVAC, plumbing, fire protection and specialized electrical systems. Grunau Metals, a separate division of the company, offers specialty metal fabrication services. Grunau teams operate as customer advocates, pinpointing the best solutions to complex projects and embracing a strategic approach to identify and prevent problems. Grunau has offices in Wisconsin, Florida, Indiana, Ohio and Pennsylvania. Grunau Company, established in 1920, employs 500 people and is headquartered in Oak Creek, Wis.

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