

Moving forward

Grunau employees kick the past and hit the ground running with an active Healthy Living Committee

In 2010 a group of employees joined to revive the health and wellness initiatives at Grunau. Soon after, they got to work on an aggressive agenda and haven't slowed down since.

In the last ten months they hosted a health fair, created a monthly newsletter, started a Lunch-and-Learn series and kicked off three programs: Biggest Loser Challenge, Healthy Rewards Program and a 10K Steps-A-Day Walking Challenge.

The Walking Challenge ended July 25 after 12 weeks of competition among 35 participating employees. Every employee who completed the challenge received a Certificate of Completion and reimbursement of their pedometer expense. At the end of the challenge it was the four-person team, Walking Soles, won the challenge and earned more than 1.1 million steps!

Both the Healthy Rewards Program and the Biggest Loser Challenge are still underway and will come to a close later this year.

"It has been very exciting to witness what the Healthy Living Committee has accomplished in such a short amount of time," said Shannon Swanson, benefits and wellness director at APi Group Inc. Swanson asked Jessica Jahner, project manager and committee chairperson, if she would share their secrets.

"In past years we struggled because it seemed that only one or two people did the majority of the work for administering the programs. It also seemed that there weren't too many 'fresh' ideas. So the existing Healthy Living Committee 'fizzled' for a

while until later in 2010 when we reformed a slightly larger committee where everyone was responsible for some task or event. Now, a team of one to three people take on each item (planning, advertising, set-up, etc.)

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It's been a great year because all committee members really stepped in and got things done. Having the support of Jeff Hintze (CFO), Larry Loomis (CEO), and Mark Gall (Branch Manager) has been great. All three of them attend our quarterly meetings. It's nice to be able to discuss the ideas in planning for the following year and be able to know that, yes, this program will happen next year.

"I guess a piece of advice for companies struggling is to enlist the help of many people, not just a few. Because the more help you have, the less each person has to do and the easier it is to fit these extra items into our work days. I know most everyone is trying to do more with less – having more people help out makes it that much more manageable."

Two big thumbs up to the team at Grunau! We cannot wait to see what you are up to next!

Committee members: Amy Malnory, Bob Harlow, Cheryl Jones, Cheryl Wnuczek, Jamie Castona, Jeff Hintze, Jesse Ehlers, Joanna Wroblewski, Kim Henshall, Larry Loomis, Marisa Holtz, Mark Gall, Mark Peters, Patrick McGinley, Randy Rubesa, Sarah Kannass, Sue Wegner, Stacey Gasior, Maureen Canton, Jack Carney, and Jessica Jahner.



Cholesterol Fighters

High cholesterol affects 1 in 6 Americans and is a major contributor to heart disease. Certain foods high in protein and soluble fiber are proven to reduce bad cholesterol. Adding pistachios, almonds, oatmeal, barley, eggplant, beans, soy protein and plant sterols to a balanced diet can help keep your cholesterol numbers at healthy levels.