

PRESS RELEASE



CITY OF WINTER PARK

401 Park Avenue South

Winter Park, Florida

32789-4386



This workplace has been recognized by the American Heart Association for meeting criteria for employee wellness.

For Immediate Release:

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CITY OF WINTER PARK RECOGNIZED AS FIT-FRIENDLY COMPANY BY AMERICAN HEART ASSOCIATION

WINTER PARK, Fla., an internationally recognized ICMA Excellence Award winner with accredited fire, police and parks & recreation agencies (May 11, 2012) – The City of Winter Park has been recognized as a

Gold-Level Fit-Friendly Company by the American Heart Association® for helping employees eat healthier and become more active. Winter Park joins the growing list of organizations that are taking steps to decrease healthcare expenses and increase productivity.

According to City Manager Randy Knight, “Our employee wellness program is an important priority at the City of Winter Park. We are committed to providing our city family with the best opportunities possible to improve their health and fitness. Thank you to the American Heart Association for recognizing our efforts.”

The American Heart Association criteria for Winter Park to become a Gold-Level Fit-Friendly Company include:

- Offer employees physical activity options in the workplace
- Increase healthy eating options at the worksite
- Promote a wellness culture in the workplace
- Implement at least nine criteria outlined by the American Heart Association in the areas of physical activity, nutrition and culture

Winter Park offers employees a wide array of health-related activities and resources to choose from including: yoga, Jazzercise®, Taekwon Do, Weight Watchers®, on-site produce vendor, annual Health & Benefits Fair, Health Action Nurse Coach, and educational newsletters, emails and Lunch and Learns.

The Fit-Friendly Companies program is a catalyst for positive change in the American workforce by helping companies make their employees' health and wellness a priority. Employers that join this program qualify for official recognition by the American Heart Association. They are also listed on the program's national website.

For more information regarding the Fit-Friendly Companies program, please visit www.startwalkingnow.org.

For more information regarding the City of Winter Park, please visit the city's official website at www.cityofwinterpark.org.