



(Fit-Friendly Worksites Program Release – Platinum)

NEWS RELEASE

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**Workrite Ergonomics, LLC Recognized as an
American Heart Association Fit-Friendly Worksite**

Worksites take steps to decrease healthcare expenses, increase productivity

(Petaluma, January 19, 2016 – Workrite Ergonomics, LLC has been recognized as a Platinum-Level Fit-Friendly Worksite by the American Heart Association for helping employees eat better and move more.

“Physical activity and employee wellness are important priorities at Workrite Ergonomics, LLC. We are honored and excited to be recognized by the American Heart Association as a Platinum-Level Fit-Friendly Worksite,” said Melissa Morelli “We’re committed to providing the best workplace environment possible. This will benefit our employees’ health and produce even more positive results for our worksite overall.”

Platinum-level employers:

- 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.
- Demonstrate measurable outcomes related to workplace wellness.

The Fit-Friendly Worksites program is a catalyst for positive change in the American workforce by helping worksites make their employees’ health and well-being a priority.

American employers are losing an estimated \$225.8 billion a year because of healthcare expenses and health-related losses in productivity, and those numbers are rising. Many American adults spend most of their waking hours at sedentary jobs. Their lack of regular physical activity raises their risk for a host

of medical problems, such as obesity, high blood pressure and diabetes. Employers face \$12.7 billion in annual medical expenses due to obesity alone. The American Heart Association is working to change corporate cultures by motivating employees to start walking, which has the lowest dropout rate of any physical activity.

For more information about the Fit-Friendly Worksites program and how it's helping to improve the health of Americans by focusing on the workplace, call (707) 224-8082 or visit heart.org/worksitewellness.

About the American Heart Association

The American Heart Association is devoted to building healthier lives, free of cardiovascular diseases and stroke. Our mission drives everything we do. To improve the lives of all Americans, we provide public health education in a variety of ways. We team with millions of volunteers to fund innovative research, fight for stronger public health policies, and provide lifesaving tools and information to prevent and treat these diseases. The Dallas-based association is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke. To learn more or join us, call 1-800-AHA-USA1 or any of our offices around the country, or visit heart.org.