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Company Promotes Fitness at the Workplace

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A Utah company has received an award from the department of health for its efforts in promoting wellness at the worksite.

In this Healthy Living report see how one company is integrating a healthy lifestyle into the workday.

It's not your typical exercise class because these participants aren't in their sweats and gym shoes. In fact, it's not uncommon to find them in high heels and ties.

They're all employees of **ARUP Laboratories** in Research Park and they're taking part in a 15 minute abs class during a scheduled break.

"It's just a nice break to get out of the lab and get your mind on something else and get a little exercise," said David Cook.

Exercise classes on company time are just one aspect of ARUP's wellness program. The company also offers massage, personal training and nutrition counseling, a free health clinic and a cafeteria filled with healthy options. Company CEO, Carl Kjeldsberg is the driving force behind the program and he's every bit as involved as his employees.

"Every Thursday at noon we meet and I take the employees for a walk around Research Park and it's an opportunity to talk and exercise," said Carl Kjeldsberg, M.D. and CEO of ARUP.

Kjeldsberg says having healthy, happy employees is his top priority.

"By having employees healthy, which is what we focus on, they're going to be around for a long time and do a good job," Kjeldsberg said.

And that translates into a better bottom line. Employees say they're losing weight and feel great during the workday.

"I'm not getting those sleepies at the end of the day...I'm a little more focused as an employee I think," said Cook.

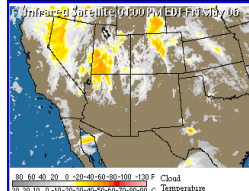
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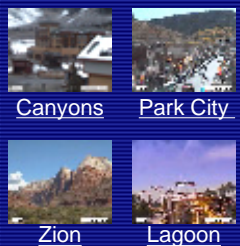
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"I've lost weight, improved muscle tone and I'm happier with myself which in turn makes me a better employee and get done what I need to do," said Kurtis Bischoff.

ARUP was one of 41 companies honored by the health department.

ARUP's wellness program is administered by an outside health company.

For more information on how to implement a fitness program at your company visit the Utah Council for Worksite Health Promotion at www.health.utah.gov/worksitewellness

You can also contact Rebecca Fietkau, MS, CSCS of InTone Wellness by email at intonewellness@yahoo.com or by phone at 801-319-5181.

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