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FOR IMMEDIATE RELEASE

WELLNESS COMMITTEE INTRODUCES PEDOMETER WALKING CHALLENGE

WAKE FOREST, NC – July 2, 2008 – The Town of Wake Forest Wellness Committee recently introduced a “Pedometer Walking Challenge” for Town employees as part of its ongoing effort to promote wellness in the workplace.

The campaign is designed to encourage employees to improve their health by adopting a more physically active lifestyle. Through the Pedometer Walking Challenge, the Town aims to motivate employees to move about, celebrate physical activity, walk together in peer groups and ultimately reap the benefits of better health.



Seventy Town employees enrolled in the 12-week challenge and over 50 took part in the 1.3 mile “Kick-Off Walk” on June 19 at the Heritage South Greenway. Dr. Joe Criscuola of Heritage Chiropractic Wellness Center sponsored t-shirts and physical assessments for the Challenge participants, who each paid a portion of the cost for their own pedometer.

As a result of the overwhelming interest in the Pedometer Walking Challenge, Wellness Committee Chair Tricia Lanning says the committee is looking forward to offering additional wellness incentives for employees to reduce their health risks and lower their medical costs.

“This is by no means the first or last promotion the Town will sponsor to encourage employees to get in shape,” said Lanning.

“We have already sponsored a Heart-Healthy Pot-luck luncheon, provided access to a local masseuse, and started distributing the monthly Hope Health (News)Letters. The Wellness Committee also provides fruit baskets to each department on a quarterly basis, and we are also pursuing ways we can provide healthier vending choices in all the Town’s vending machines.”

Members of the Wellness Committee are Lanning (Human Resources), Tammy Moody (Human Resources), Mitzi Franklin (Human Resources), Jeff Leonard (Police), Jason Graham (Police), Ed Austin (Parks & Recreation), Terry Savary (Planning), Keith Gaither (Finance), Jason Shambley (Electric), Holly Spring (Engineering), and Tom LaBarge (IT).

For more information about the Wake Forest Wellness Committee or the Pedometer Walking Challenge, contact [Tricia Lanning](#), Human Resources Analyst, at (919) 554-6181.

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For more information about the [Town of Wake Forest](#), contact [Bill Crabtree](#), Public Information Officer, at (919) 554-6196.