

WellnessWatch  
February 2005



Fitness Works at  
Work  
44 Mill Street  
Amherborn, MA 01770

**Telephone:**

(508) 653-4135

**E-Mail:**

Info@fwaw.com

**Facsimile:**

(508) 650-0593

Visit us anytime at  
[www.fwaw.com](http://www.fwaw.com)

Visit the FW@W  
Booth at the  
NEEBC Benefits  
Fair and Trade  
Show on May 25  
at Lombardo's  
in Randolph, MA



February is  
Healthy Heart  
Month

New Federal  
guidelines suggest  
that people get 30  
minutes of  
exercise per day  
to lessen your risk  
of high blood  
pressure, stroke,  
coronary artery  
disease and  
diabetes.

## Fitness Works at Work: A Proven Leader in Corporate Fitness and Wellness Programs

With all the media attention on the rise of obesity in America and its impact that it has on heart disease, diabetes and other conditions, it is no wonder that companies are starting to get a wake-up call. Our FWAW client companies are ahead of the curve and have been investing in fitness and wellness programs for years. Here are some thoughts directly from two of our clients:

"Harvard Pilgrim Health Care is committed to providing its members and employees with opportunities to improve and sustain their health. One of the many ways we support a healthy and productive work environment is by providing on-site fitness facilities as a way for employees to take action concerning their overall health. 20% of our staff are members, paying \$20.00 a month for a membership. The membership supports fitness staff operations, along with qualified staff who work with our members through organized classes and programs. The greatest benefit is that employees, who might not otherwise join a commercial gym, are actively participating. It's proved a wise investment".

*Helen Bowditch, Director, Real Estate & Facility Operations, Harvard Pilgrim Health Care*

"Mass Eye and Ear Infirmary does not have the space for an onsite fitness center. However, we run Pilates classes in a conference room, hold weight management programs, outdoor walking classes and fun online challenges – usually offering something active each month. I find the beauty of our program is that it attracts so many different types of employees, particularly the 40-55 year old employees. It has become a definite part of the MEEI employee culture."

*Diana Keller, Benefits Administrator, Mass Eye and Ear Infirmary*

### FWAW welcomes.....

- Ø *Dunkin Brands* as a new client in September, 2004. Dunkin Brands is the new corporate name for Dunkin Donuts, Baskin Robbins and Togo's. FWAW manages its new on-site employee fitness center and offers comprehensive wellness program in their new Canton corporate office.
- Ø *Flir Systems* as a new client in February, 2005. FWAW is designing and will be staffing Flir's new on-site employee fitness center and will be offering a variety of wellness services. Flir Systems, located in North Billerica, is a leader in infra-red camera technology.

### FWAW will be managing.....

- Ø *The Riverfront Fitness Center*, located in Kendall Square, Cambridge. Riverfront Fitness is a beautiful corporate fitness center serving the companies of One Main Street, Cambridge. FWAW was hired by Hines, a real estate management and development company, and will be offering the Riverfront members a full complement of fitness services.

*Fitness Works at Work, Inc. provides quality on-site fitness, wellness and ergonomic services to corporations and organizations in New England. Contact our office at [info@fwaw.com](mailto:info@fwaw.com), or call 508-653-4135 for further information on FWAW's affordable fitness, wellness and ergonomic services.*