



May 31, 2011 – **PRESS RELEASE**

Delkor Kicks Off New Minnesota Healthy Workplace Program

CIRCLE PINES, MN - There are going to be a few more people on the walking and biking paths in Circle Pines this summer as a result of a new Minnesota program that is targeted at improving worksite health. Delkor Systems, a local manufacturer of packaging machinery, was selected by Anoka County as one of 18 local employers to participate in the Statewide Health Improvement Program (SHIP).

On May 25th Delkor held its first Worksite Wellness Fair which introduced the employees to a number of company sponsored health promotion programs. These included:

- A Walking Club that allows employees to walk as a group on company time. Pedometers & log books were provided to each member of the club.
- Newly installed bike racks and a selection of company bikes available for checkout by employees during break times.
- An on-line Health Assessment made available by the company's health insurance provider to increase employee awareness of both their health risks, as well as, health resources available to them.
- An opportunity for employees to taste-test and vote on 14 healthier snack options for the company lunchroom vending machines.



According to Sonja Andersen, Delkor's Human Resources Coordinator "the Wellness Fair turned out to be a big success. We provided a wide array of new and healthier food choices for the vending machines. Employees had the opportunity to taste test these new choices and cast their votes. As for the Walking Club, we have 38 employees signed up to participate. We start the process by having a group lunch and learn session to talk about proper stretching, use of pedometers, calculating target heart rate, and general fitness walking techniques. Given the strong positive feedback we had from our employees, I would certainly recommend other companies to consider a similar initiative."

For more information on the Statewide Health Improvement Program contact Sarah Hearn, Worksite Wellness Health Educator, Anoka County Community Health, at (763) 422-7233 or Sarah.Hearn@co.anoka.mn.us.