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For Immediate Release

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Physical Activity Program at Goodall Hospital

Goodall Hospital's Wellness Committee created a 10-week program to motivate employees to become more physically active. Participants of the program signed a contract and created two goals, which they strived to meet each week or over the course of the 10 week program. Examples of goals included; walking 2 miles, 3 times a week; losing 5 pounds throughout the 10 weeks; or playing tag with children 3 nights per week.

The program provides incentives for employees to meet their goals each week; if an employee's goal was met, they are entered into a weekly drawing for a \$10 gift certificate; for the final week, a \$100 gift certificate is up for grabs.

For the first 10-week session 48 employees signed a contract and participated in the program, which ended on Saturday, December 27, 2008. Goodall Hospital and the Wellness Committee would like to recognize and congratulate all employees who participated and encourage more to join in for the next session.

The Wellness Committee will soon be introducing a new Weight Management Program for Goodall employees. The program focuses on nutrition, physical activity and more!

If your business or company is interested in starting a Wellness Committee or would like help creating programs such as these, Goodall Hospital's Worksite Stars program can help. Worksite Stars of York County is a proactive wellness program targeted at helping your employees remain healthy and to keep them as productive members of your team. Worksite Stars is managed by Partners for Healthier Communities, a program of Goodall Hospital, and may be reached at 207 490-7547 or via email: worksitestars@goodallhospital.org.