

News

Macomb County
Office of Public Affairs



FOR IMMEDIATE RELEASE
Aug. 18, 2008

Phil Frame
Office of Public Affairs
586-469-7239
phil.frame@macombcountymi.gov

Macomb County wins award for promoting healthy employee lifestyles

MOUNT CLEMENS, Mich. – Macomb County has won the Start! Fit-Friendly Platinum Award from the American Heart Association (AHA) for the second year in a row.

This national award is given to organizations that aim to improve employee health through worksite programs that encourage physical activity and good nutrition.

The award coincides with Macomb County celebrating the 20th anniversary of its employee wellness program called Healthstyles.

Healthstyles offers a wide variety of activities such as educational seminars, after-work exercise and recreational events, and monthly newsletter about health and safety.

The program also offers an incentive plan for employees to exercise and eat healthy foods with a luncheon for those who participate all year around.

###