News Release

FOR IMMEDIATE RELEASE:
May 2, 2012

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Riverside Flexes its Fit-Friendly Culture – Wins 2 American Heart Association Awards

RIVERSIDE, Calif. – The City of Riverside was just awarded the American Heart Association's (AHA) Gold Fit-Friendly Award and Innovation Award for promoting a Health and Wellness culture amongst employees and implementing efforts to become a Fit-Friendly organization.

Riverside's Mayor Ron Loveridge accepted the awards on behalf of the City from Bob Kain, Chair of the Riverside Heart Walk. The Gold-level recognition is presented to companies and organizations that offer employees physical activity support, increased healthy eating options at work, a wellness at work culture and implementation or access to programs that provide physical, nutrition and cultural activities.

Riverside was also awarded the Worksite Fitness Innovation Award. This recognition is given to a worksite that exceeds the Gold criteria and provides leadership in the development and implementation of innovative and effective programs that promote physical activity specifically in the workplace.

"Riverside is proud to be included in the eight Fit-Friendly organizations in the Inland Empire," said Mayor Ron Loveridge. "In Riverside, innovation is at the core of who we are and receiving these awards validates that Riverside is Fit Fresh & Fun".

Riverside's Human Resources Department is responsible for development and coordination of the popular wellness programs. Rhonda Strout, Human Resources Director noted that "there have been measurable results since inception of the program in 2009, including increased employee productivity as a result of a reduction in absenteeism. In the last two years, employees have lost a total of 3,216 pounds, which is remarkable…..the workforce is motivated and getting healthier."

For more information on Riverside's award winning wellness programs, visit http://www.riversideca.gov/human/wellness/.

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Riverside's Mayor Ron Loveridge Accepts American Heart Association (AHA) Fit-Friendly Award