



FOR IMMEDIATE RELEASE:

Four Seasons Health Club Receives Department of Public Health- Illinois Healthy Worksite Silver Level Distinction.

Bloomington, IL – June 26, 2014– Four Seasons Health Club recently completed a Illinois State Department of Public Health worksite wellness evaluation to determine the offering level for employee worksite wellness. The Illinois Healthy Worksite Designation along with the U.I.C.'s Department of Kinesiology and Nutrition completed three rigorous blind rounds of evaluation reviews of 58 state business applicants. Four Seasons Health Club is one out of only nine businesses to qualify for the Silver Level.

The Silver Level Distinction is given to those business that actively promote and support healthy nutrition at work, provide and encourage opportunities for physical activity at work, develop a 12-month Health and Wellness Calendar and an ongoing communication plan, demonstrates a commitment to employee health and well-being by making it part of the organization's mission statement, goals and operations as well establishing a plan to help other businesses provide employee wellness.

"Your organization showed exceptional commitment, through the evidence supplied, to improve the health of employees. " John Coumbe-Lilley PhD, MS, BA Hons. CC-AASP, CSCS. Head of the Evaluation Team

The evaluation consisted of an extensive and in depth questionnaire to breakdown the established employee wellness offering for the business. The evidence provided had to support the business's claim to being committed to employee health and wellness. Four Seasons is not only committed to its own employee's wellness, but also strives to provide wellness solutions to the community through the Workplace Wellness team. This team provides on-site wellness seminars, connects corporate sponsors to provide health screenings, heart walks and other offerings to community businesses.

"The Silver Level distinction provides evidence that Four Seasons takes workplace wellness seriously- not only in delivering comprehensive wellness solutions to our own employees, but to our corporate sponsors and the community as well." Aaron Bauder, Fitness Center Manager and Member of the Workplace Wellness Team.

This Illinois Department of Public Health initiative is a way to encourage businesses to establish workplace wellness goals, identify areas of improvement and build a strong business alliance of employers focusing on preventative wellness measures to drive down health care costs.

For Interview please contact:

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