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Corporate Racquetball Courts, Weight Loss Battles and Zumba Classes

Twelve local employers win the 2010 Wealth of Health Awards for promoting a healthy workplace

ROCHESTER, NY – Winners of this year's Wealth of Health Awards included companies that stocked vending machines with fruits and veggies and instigated battles among employees to craft the best healthy recipes and lose the most weight.

They also stocked their cafeterias with fresh fruit and whole wheat pasta, provided health coaches to employees and offered car seat programs to expectant parents. Employees could play racquetball, cycle and lift weights at work. Zumba classes danced into several winning workplaces.

Overall, 12 local businesses have won this year's Wealth of Health Awards, sponsored by Excellus BlueCross BlueShield (BCBS) and the *Rochester Business Journal* (RBJ).

The awards honor innovative organizations of various sizes that promote workplace wellness, improving the overall health of the community.

The honorees said their wellness programs helped workers stay healthy, lose weight, quit smoking, identify critical health problems, or helped slow the growth of health insurance premiums, among other benefits.

Judges chose companies based on criteria such as participation levels, measurable results and program creativity and sustainability.

Honorees will be presented with the 2010 Wealth of Health Awards at a luncheon June 10 at the Hyatt Regency Rochester. A special recognition will be presented to Ontario ARC of Canandaigua for their commitment to improving the health of their employees and their clients.

This year's honorees:

1-99 Employees

- LunchByte Systems Inc., Greece
- BlueTie Inc., Henrietta
- Relph Benefit Advisors, Pittsford

100-499 Employees

- Maplewood Nursing & Rehabilitation, Webster
- Rotork Controls, Inc., Gates
- Sentry Group, East Rochester

500-1,999 Employees

- O'Connell Electric Company Inc, Victor
- Noyes Memorial Hospital, Dansville
- St. Ann's Community, Rochester

2,000+ Employees

- PAETEC Holding Corp., Fairport
- University of Rochester, Rochester
- Verizon Wireless, Henrietta

For more information on the Wealth of Health Awards, go to <http://go.rbj.net/wealthofhealth>.

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