

June 17, 2008

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In the fall of 2007, the City of Burleson formed a Health and Wellness Committee to address, obviously, the health and wellness of City employees. Since that time, the committee hosted a health fair in May for the 300-plus employees of the City and the team is in the process of compiling a healthy cookbook for release in the fall of 2008. The name of the committee's program is Kick Start Your Heart.

The committee of less than 10 people also participated in the Walk Across Texas program, logging more than 857 miles in just eight weeks.

Those who attended the Christmas awards luncheon in 2007 filled out surveys concerning their health and fitness practices. Time was also set aside in 2008 for employees to log on to the computer and fill out health assessments so the City could look at the big picture and address problem areas.

Flyers concerning everything from diabetes to summer activities are posted monthly in high traffic areas of City buildings. Employees have been encouraged to participate in Go Red Day for the American Heart Association and in the American Cancer Society's Relay For Life.

Preventing injuries, acting proactively instead of reactively to health issues, and making more informed decisions about not only food but fitness are all goals of the City's Health and Wellness Committee.