

WELLNESS AT WORK

Fresh Fruit

Delivered weekly
at all locations

Free On-site Fitness Classes

Reformer Pilates
Health Bounce
Strength H.I.T.T
Kettle bells
Zumba
Pound
Yoga

Win Fit

An internal competition
held 2x a year that
includes running and
obstacles

Healthy Snacks

Monthly snacks
offered to all
employees

Wellness Challenges with Incentives

Wellness Warrior Bingo
Great Outdoor Challenge
Maintain Don't Gain
Battle of the Campuses
Dash to Disney
Hydration Day
Spread the Love
High Five Day

Quarterly Healthy Luncheons

We provide healthy
lunches for all employees
throughout the year

Wellness Conference

A 2 day event for employees
that offers wellness activities
all while on the clock

Biometric Screening

Preventive Health
screenings with cash
incentives





WELLNESS OUTSIDE OF WORK

Paid Gym Memberships

Anderson Family Fitness
Redding Jazzercise
White Wolf Gym (Trinity)

Discounted Memberships

Sun Oaks
Balance Yoga Center

Community Runs

Shasta Mud Run
Think Pink 5K
80's Color Run
12k's of Christmas
Frosty Fun Runs
Turkey Trot
Redding Marathon
Nail the Rail
Fire Cracker Run
Lions Turtle Bay Run
Casa Super Hero Run
Mildred Rhodes Walk

Onsite Gym's

Treadmill
Elliptical
Stairmaster
Free Weights
Jacob's Ladder
Row Machine
Weight Machines

Family Fit Events

Whiskeytown Lake Day
NorCal Elite Family Day
Viking Skate Country

