

## CRP's Health Division Receives National Well WIC Worksite Certification

*Community Resource Project  
E-Newsletter, May 2010*

Community Resource Project, Inc. (CRP) is proud to announce that our Health Division has been chosen as one of the first recipients of the National Well WIC Worksite



Certification, and was honored by the California Department of Public Health and the California WIC Association in May 2010. The CRP WIC program, operated by our Health Division under the leadership of Maureen Clark, has been cited for its commitment to a healthy work environment through healthy snacking, work breaks, stress relief techniques, and a team-friendly work environment.

Every year the Health Division staff chronicle their worksite wellness activities and accomplishments in a large binder, which contains articles on nutrition, recipes, and relaxing group exercise breaks. Most recently, the staff has begun participating in ten minute aerobic exercises every day, set to a video played in the front lobby. The Well WIC Worksite Wellness program goal is to promote an image of fitness as well as a healthful diet to its staff and participants. This stems from a belief that a healthy workplace leads to a longer, happier and more productive life. These active work breaks have been pioneered by the staff of CRP's WIC program and have become a model for other WIC chapters in the United States.

Although WIC is a program devoted to nutrition, many staff still report their own difficulties in eating healthy and exercising on busy days, not to mention stress related injuries such as carpal tunnel, headaches and back pain. Now, because of the support received through their work environment, many staff feel more energized after even a 5 minute break. Additional group support helps staff maintain health in encouragement to drink water instead of sodas and to eat carrots and whole wheat instead fries or potato chips.

Promoting a healthy workplace is key to maintaining job effectiveness and employee satisfaction. CRP is committed to encouraging our staff to be maintain healthy, balanced lives, off and on the clock. Congratulations to our Health Division staff! We can't wait to see what they do next.