

Wellness Committee Makes Strides at Lakeshirts



Employees are incentivized to participate in community events like the Dick Beardsley Marathon and the Corporate Clash.

Sparkling Change

The average American adult spends a significant amount of time at work. What if the workplace encouraged healthy choices during all those hours on the job? With support from PartnerSHIP 4 Health (PS4H), Lakeshirts in Detroit Lakes created an active and engaged wellness committee tasked with developing a healthy workplace.

One of the first items addressed by the committee was the onsite cafeteria menu. PS4H dietitians worked with cafeteria staff to add healthy options, impressing visitors to Lakeshirts with the wide variety. Breakfast and a hot lunch meal option are offered each day in addition to half and full gourmet salads, half and full sandwiches, yogurt parfaits, fresh fruit, and other healthy snacks. Gradually, vending machine purchases have shifted away from sugary drinks towards water and other healthy options.

The wellness committee also organizes annual events such as the “Spring into Weight Loss Challenge,” now in its third year. This challenge encourages employees to eat healthy, drink plenty of water, and attend a

30-minute instructor-led workout class offered on-site every Wednesday. Lakeshirts also pays half of the registration fee to each employee willing to participate in any Lakeshirts-sponsored community fitness event, such as the Dick Beardsley Marathon.

In 2017 the wellness committee boosted employee participation in “Resolution Restart,” a community fitness challenge sponsored by the Detroit Lakes Community and Cultural Center. This challenge encourages improvements in physical activity, healthy eating, drinking water, and sleep habits. As of May 2017, 64 employees have lost 73 pounds.

Employees See Reduction in Health Insurance Costs

The impact of the Lakeshirts wellness committee goes beyond employee weight loss. Employee health insurance rates have dropped 12.6% while rates at other businesses have remained steady or risen. “We want to keep our employees healthy, and PartnerSHIP 4 Health has supported us as we move in that direction by providing resources, offering classes, and guiding us along the way,” said Alma Alaniz, a Human Resources Assistant at Lakeshirts. To further reduce employee healthcare costs, the company offers health insurance discounts to employees that volunteer at community wellness and community engagement events, such as the Detroit Lakes Bike Rodeo, a bicycle safety event for children.

Thanks to PartnerSHIP 4 Health, Lakeshirts now intentionally embeds wellness into its workplace culture, supporting employee wellness, community engagement, and ultimately, a healthier community.

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