



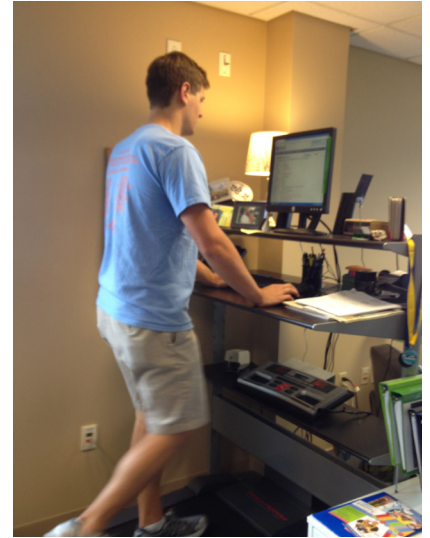
# MAKING RICHMOND THE MOST ACTIVE COMMUNITY IN THE NATION

## ACTIVE WORKPLACES ARE WELL WORKPLACES

Workplace wellness programs can transform business cultures, inspire creativity and productivity, and change lives. Big or small, it's more important than ever to ramp up wellness initiatives at your office!

Making workplace communities active has benefits in almost every direction. What getting active can do for your company:

- Lower healthcare costs
- Increase employees' productivity and job satisfaction
- Recruit and retain the best talent
- Boost creativity
- Promote a culture of health for all employees with lifelong benefits



## GET YOUR COMPANY ACTIVE RVA CERTIFIED

Already doing exciting things to inspire your coworkers to get fit? Become an Active RVA Certified company! The certification recognizes the region's exceptional employers that have innovative programs to promote physical activity and a culture of health and wellness in the workplace. Applying to be an Active RVA Certified company is easy and has great benefits, including recognition at an annual awards luncheon, access to resources and best practices, and opportunities to network with wellness champions from around RVA!

To learn more and apply, visit [www.ActiveRVA.org/work](http://www.ActiveRVA.org/work), or contact us with any questions.

## STAIRWELL INITIATIVE



Don't let the machines win! Promote little bursts of activity at your office with simple, low-cost stairwell signs. Active RVA can design and produce signs for your company's brand to encourage fewer trips on the elevator and more trips by foot.

## JOIN THE WORKPLACE WELLNESS COMMUNITY

Active RVA puts out a 'Corporate Fitness' newsletter every other month and hosts quarterly breakfasts for workplace wellness champions. Share your tips, learn from others, and find out what's on the cutting edge for our region.

**FIND ACTIVE RVA ONLINE - [ACTIVERVA.ORG](http://ACTIVERVA.ORG) AND [FACEBOOK.COM/ACTIVERVA](https://FACEBOOK.COM/ACTIVERVA)  
100 AVENUE OF CHAMPIONS, RICHMOND, VA 23230 ■ (804)-285-9495**