

***San Diego Region-*** Warehouse and customer service employees at BikeBandit.com Take Action! and get creative with the *Worksite Program*. Employees at BikeBandit.com are encouraged to do physical activity during work hours by using the onsite outdoor basketball court and by joining the walking club, which meets three to four times per week and is lead by the CEO of the company! A group of employees also completed a 5K, in which registration was paid by the CEO, and are training to complete a half marathon.



BikeBandit.com also offers Free Healthy Lunch Fridays, has overhauled their vending machine, and provides fresh fruit deliveries on a weekly basis. Employees now eat more fruits and vegetables, share recipes with co-workers, and support each others efforts to be active. The morale and energy at this company has skyrocketed!

The employees also decided to take the *Worksite Program* a step further by having a “Biggest Loser Contest.” The employee who lost the most weight during the 10-week Take Action! Program was awarded a \$250 gift card by the CEO, who also took the team with the most weight loss to a Padres game to celebrate. As a company, the employees lost over 300 pounds!

The company was acknowledged for all of their amazing efforts towards health and wellness when they received the **2007 California Fit Business Award, Silver Medal**.