

## Board of Operatives and Plant Protection Face Off in Fitness Competition

Congratulations to the Board of Operatives and Plant Protection for completing the **Fit to the Finish** challenge with Wellness. The 90-day competition took place from February through May, and participants competed as two teams to see who could attain the highest average fitness goal in categories of total exercise minutes and total weight loss.



Before the competition, participants completed their annual WellBody Club screening and set fitness goals. Plant Protection, or the “AMERICAN Avengers,” split into three teams (first, second and third shift) for the challenge, and the Board of Operatives competed as one team, “The United Defenders.” Over three months, combined, the teams lost a total of 308.5 pounds and exercised 131,748 minutes (or 2,196 hours). The team who won the exercise minutes category was first shift Plant Protection, logging 43,917 minutes. The Board of Operatives won the weight-loss category, losing 159.9 pounds and reaching 167% of the team’s goal.

Participants received certificates of completion as well as campaign credit for their 2025 WellBody Club goals. Notably, Plant Protection achieved Gold WellQuest status with 100% of the department completing the WellBody Club screenings for 2025. For the Board of Operatives, their participation in the challenge will count toward their respective departments’ screening status.

Congratulations to both groups on your achievements, and good luck to everyone else who is working toward meeting their annual Wellness goals.

Participating in ACIPCO’s Wellness program can qualify you, and even your spouse, to receive monthly health insurance premium discounts each year. To learn more about the AMERICAN Wellbody+rewards program, visit [americanwellbody.com/rewards](https://americanwellbody.com/rewards), or contact Wellness at 205-307-2745 or [wcenter@american-usa.com](mailto:wcenter@american-usa.com).