

## Wellness Wins - Plant Protection Completes 12-Week Wellness Challenge



*Left to right: Martin Rios, Donnie Simmons, Dionna Gilbert, Brian Hannon, Deborah Russel, James Washington. Not pictured are Tori Perry, Joseph Ryan and Brandon Wills.*

Congratulations to Plant Protection for completing its department-wide fitness challenge, a 12-week competition among employees facilitated by Wellness. After finishing spring weapons training, Plant Protection employees collectively decided to compete against one another to see who among first, second and third shifts could exercise for the most minutes each week and come closest to achieving their individualized weight goal. Each of the department's three shifts competed as a team from April through June and logged their time spent exercising and weight lost or maintained each week at Wellness to see which shift would win the challenge.

Third shift employees took first place and met 112% of their weight-loss goal, exercising a total of 10,016 minutes and losing 92 pounds. Second shift employees earned second place, exercising a total of 13,590 minutes and meeting 41% of their goal. First shift employees were in third place, exercising 22,348 minutes and meeting 14% of their goal. Collectively, the department exercised a total of 45,954 minutes or 766 hours during the challenge and lost a grand total of 154 pounds.

Employees were presented with certificates of completion and were awarded campaign credit toward their 2024 Wellness goals as well as 20 AIM star credits for their achievements. Plant Protection was even designated Gold WellQuest status with 96% of the department completing the WellBody Club screenings for 2024 – a 51% improvement from 2023.

“Dionna Gilbert was their health coach, and she met with each employee to establish an appropriate weight goal,” said Wellness Manager Angie Coffield. “Every week, the guards came into Wellness to weigh in and submit their exercise minutes. These are impressive results, and we want other departments to know Wellness is here to encourage them to step up and set their own fitness goals.”

Interested in having Wellness facilitate a challenge for your department? Contact Wellness at 205-307-2745 or [wcenter@american-usa.com](mailto:wcenter@american-usa.com).