

NEWS

From the County of San Bernardino **Josie Gonzales 5th District**

<http://www.sbcounty.gov/gonzales>

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**JGFDS-PR-182 PEDOMETERS FOR SACHS-NORTON
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FOR IMMEDIATE RELEASE

SUPERVISOR GONZALES SUPPORTS LOCAL EMPLOYEE FITNESS PROGRAM

SAN BERNARDINO – San Bernardino County 5th District Supervisor Josie Gonzales has donated 100 pedometers to a local employer that is motivating its employees to adopt a healthier, more active lifestyle.

SAC Health System, an affiliate of Loma Linda University, started “*Movimiento II*” this month to continue to encourage each of its employees to develop “healthy practices for a healthy body.” The walking program succeeds “*Movimiento: Steps to a Healthy Life*,” which the system of clinics initiated in 2006. SAC Health System organizes the fitness challenge in May, which is National Employee Fitness Month.

“The employees divide into teams and start registering their steps,” said Cynthia Rollins, fund development manager for SAC Health System. “It was so successful last year we decided to do it again this year.”

Ms. Rollins called Supervisor Gonzales’ office to request pedometers for this year’s challenge and promptly received enough for all their employees.

“As we began *Movimiento II*, we thought giving our employees pedometers at no cost would be a great motivator,” said Rollins. “The Supervisor graciously donated 100 to our staff. Now we all can ‘Get Fit with Supervisor Gonzales!’”

“I applaud what SAC Health System is doing to encourage its employees to take their health seriously and I encourage more businesses to do the same,” said Supervisor Gonzales. “Healthy employees translate into less absenteeism, increased productivity, and overall a more positive workplace.”

The 5th District includes the unincorporated areas of Bloomington, Muscoy and Arrowhead Farms, the city of Rialto, major portions of the cities of Colton and San Bernardino, and a segment of the city of Fontana.

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