



300 Country Club Road, Wylie, Texas 75098  
[www.wylietexas.gov](http://www.wylietexas.gov)

**City of Wylie**  
**Public Information Office**  
**PRESS RELEASE**

**For Immediate Release**

Media Contact: Craig Kelly, Public Information Officer  
Ph: 972.516.6016  
[craig.kelly@wylietexas.gov](mailto:craig.kelly@wylietexas.gov)

**City of Wylie Named Gold Fit-Friendly Worksite**

**Wylie, TX, February 10, 2014** – The City of Wylie has been named a Fit-Friendly Worksite by the American Heart Association (AHA) for the second year in a row. The City was recognized during the AHA Dallas Fit-Friendly Symposium hosted by Blue Cross and Blue Shield of Texas on January 5.

The Fit-Friendly program recognizes employers who go above and beyond by championing the health of their employees and working to create a culture of physical activity and health in the workplace. Gold Fit-Friendly Worksites are selected through an application process and must fulfill criteria including offering employees physical activity support, increased healthy eating options at work, and promotion of a wellness culture.

The City of Wylie has placed an emphasis on workplace mental, physical and financial health through a variety of programs, activities and seminars, including: monthly lunch and learn programs featuring doctors, personal trainers and health care professionals; participation in the Walk Across Texas fitness program; an employee health fair featuring biometric testing and flu shots; free memberships to the Wylie Recreation Center; annual vascular sonograms; monthly wellness articles in the employee newsletter; and Recreation Center programs like black light Zumba.

- more -

---

Incorporated in 1887, the City of Wylie is located just 24 miles from downtown Dallas in Collin, Dallas and Rockwall Counties. Possessing an outstanding school district, a low crime rate, an ISO #1 rating and an expanding business climate, Wylie (population 43,000) is one of the fastest growing communities in the State of Texas with a 184% increase since 2000.



300 Country Club Road, Wylie, Texas 75098  
[www.wylietexas.gov](http://www.wylietexas.gov)

**City of Wylie**  
**Public Information Office**  
**PRESS RELEASE**

According to the AHA poor diet and lack of exercise are responsible for at least 25% of healthcare costs incurred by working adults. AHA research shows that for every \$1 invested in worksite wellness, companies can receive up to \$3 in return by overall lower healthcare costs and increased productivity.

More information on Fit-Friendly Worksites can be found at [www.startwalkingnow.org](http://www.startwalkingnow.org). For questions and details on Wylie's program, please contact Rhonda Amos, Benefits and Recruiting Specialist, 972-516-6050, or email [rhonda.amos@wylietexas.gov](mailto:rhonda.amos@wylietexas.gov).

- end -

---

Incorporated in 1887, the City of Wylie is located just 24 miles from downtown Dallas in Collin, Dallas and Rockwall Counties. Possessing an outstanding school district, a low crime rate, an ISO #1 rating and an expanding business climate, Wylie (population 43,000) is one of the fastest growing communities in the State of Texas with a 184% increase since 2000.