

For Immediate Release:

Michigan, Trenton-Detroit

Results of Trenton Forging's Health Promotion Program Shows Trend Towards a Healthier Lifestyle

During the past eight weeks, 39 Trenton Forging employees participated in "TFC Health", a worksite wellness program designed by Chelsea Moxlow, the Director of Marketing and Promotions. Chelsea created the program after conducting a thorough needs assessment for every employee, which led to the overall goal of weight loss.

Each participating employee was issued a pedometer and steps were logged per week in a competition between individuals and departments. In addition, bulletin boards were placed in the die shop, hammer shop, final inspection, and front office, and each week a healthy habit was posted that employees tried to master. These habits included drinking more water, eating more fruits and vegetables, and limiting sugar intake. Healthy recipes, tips and tricks, and other information related to each healthy habit were posted as well. The program was designed with incentive based rewards for all employees.



The results of TFC Health show a trend towards a healthier lifestyle. During the first four weeks participating employees lost 63.6 pounds and during the last four weeks 34.3 pounds were lost, totaling 98 pounds lost over 8 weeks. When comparing the Current Habit Assessments from the beginning of the program to the end of the program, employees showed an average increase of two healthy habits. Over the course of the program, participating employees took a total of 10,756,343 steps, which is equivalent to 5,378 miles!

Trenton Forging President, David Moxlow, says, "Our morale has been up and the employees really got into the step competition! We will definitely have Chelsea create another program in the near future."

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