

For Immediate Release:

Michigan, Trenton-Detroit



Trenton Tribute Launches with Article on Trenton Forging Company's Health Promotion Program

3 Stories

Favor
"I may disap
the de



Trenton Forging

By: Kelly Self

Trenton Forging Co., located at 5523 Hoover Road in Trenton, is a leading producer of custom impression die forgings across a variety of industries worldwide, committed to quality and customer service for over 42 years. They're also committed to investing in the health of their employees, so they've implemented their Health Promotion Program created by Chelsea Moxlow, Trenton Forging's Director of Marketing and Promotions, and Certified Health Education Specialist. Trenton Forging gave each

employee a pedometer to wear not only during working hours, but outside the workplace as well to encourage them to incorporate more activity into their lifestyle. Employees have the opportunity to win weekly recognition for the most miles logged on their pedometer, and the friendly competition boosts morale and adds a fun dimension

to the workplace. Chelsea regularly updates a bulletin board as an important component of the program. She posts information to educate employees about nutrition and healthy living, and she includes one healthy habit for employees to master each week such as eating a fruit or vegetable at every meal or snack, to stop eating two hours before bedtime, and how to tame a sweet tooth. The program has been a great success. For example, "One employee has lost seven pounds," said Chelsea, just by subscribing to the Health Promotion Program. The employees seem motivated, encouraged and empowered in taking positive steps to incorporate healthy changes into their lives, making the program a win-win for both Trenton Forging and its employees, one step at a time. For more information about Trenton Forging, call 734-675-1620 or visit the company's Web site at www.trentonforging.com.



Photo by Kelly Self