



## **Atlanta Business Chronicle Ranks The Winter Companies Atlanta's #1 Healthiest Employer**

(February 12, 2015) ATLANTA, GA - The Winter Companies have been named Atlanta's Healthiest Employer by the Atlanta Business Chronicle in their annual contest. The "Healthiest Employers" medium-sized business category features the top scoring companies with between 100 and 500 employees. The winners will populate this year's book of lists, a publication, which features Atlanta's foremost businesses in a wide range of categories.

The Winter Companies have demonstrated their commitment to the wellness of their employees by instituting Humana Vitality, a new wellness program designed to help employees and their families learn their current state of well-being and, by encouraging them to make healthy choices, reach personal goals and become more active, help them take steps towards improving the overall quality of their life. Free biometric screenings which establish a health baseline, personalized goals, group wellness challenges, wellness lunch-and-learn events and even monetary incentives are just a few of the components that Winter has implemented in addition to the Vitality program to make it a success.

"Instituting this program wasn't an easy accomplishment," stated Brent Reid, Chief Executive Officer of Winter, "but once we got the ball rolling, our people really took to it. Some of the initiatives we put into place, like the company kickball team and group challenges, injected a component of team building and camaraderie into the program that really made it fun for everyone. Not to mention the fact that our folks really enjoy a little healthy competition."

In order to ensure the success of employees in the wellness program, Winter's Senior Management team went beyond simply instituting the Vitality program. At its inception, they distributed the popular activity-tracker Fitbit to every employee in the program, allowing them a way to record and monitor their level of daily activity and, if necessary, make adjustments. They also led by example. Carol Swanson, Winter's Human Resources Manager stated, "The Senior Management team really headed the charge for this program. They really wanted to be mentors rather than mandaters, and they accomplished this by being the first ones to complete the program. Not only that, but it showed everyone that this wellness program is something that's truly important to them, and that they believe in the benefits of the program enough to participate themselves."

When asked his reasoning behind implementing the wellness program, Reid said, "At the end of the day, it comes down to really caring about the people who work here and about their overall quality of life. Our employees are so loyal and have shown us such commitment, whether working through holidays or staying at Winter for 15 years, or just being good employees by consistently doing the right things for our clients, it feels like



the right thing to do. We owe them the same level of loyalty, and this program is just one of the ways that we try to show that.”

*About Winter: Winter is a privately owned and operated Atlanta-based general contracting company. We provide construction and environmental services to clients in the hospitality, retail, government, education, corporate/office, religious, healthcare, historic restoration, industrial and multifamily markets in the Southeast. For more information visit: <http://www.wintercompanies.com>.*

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